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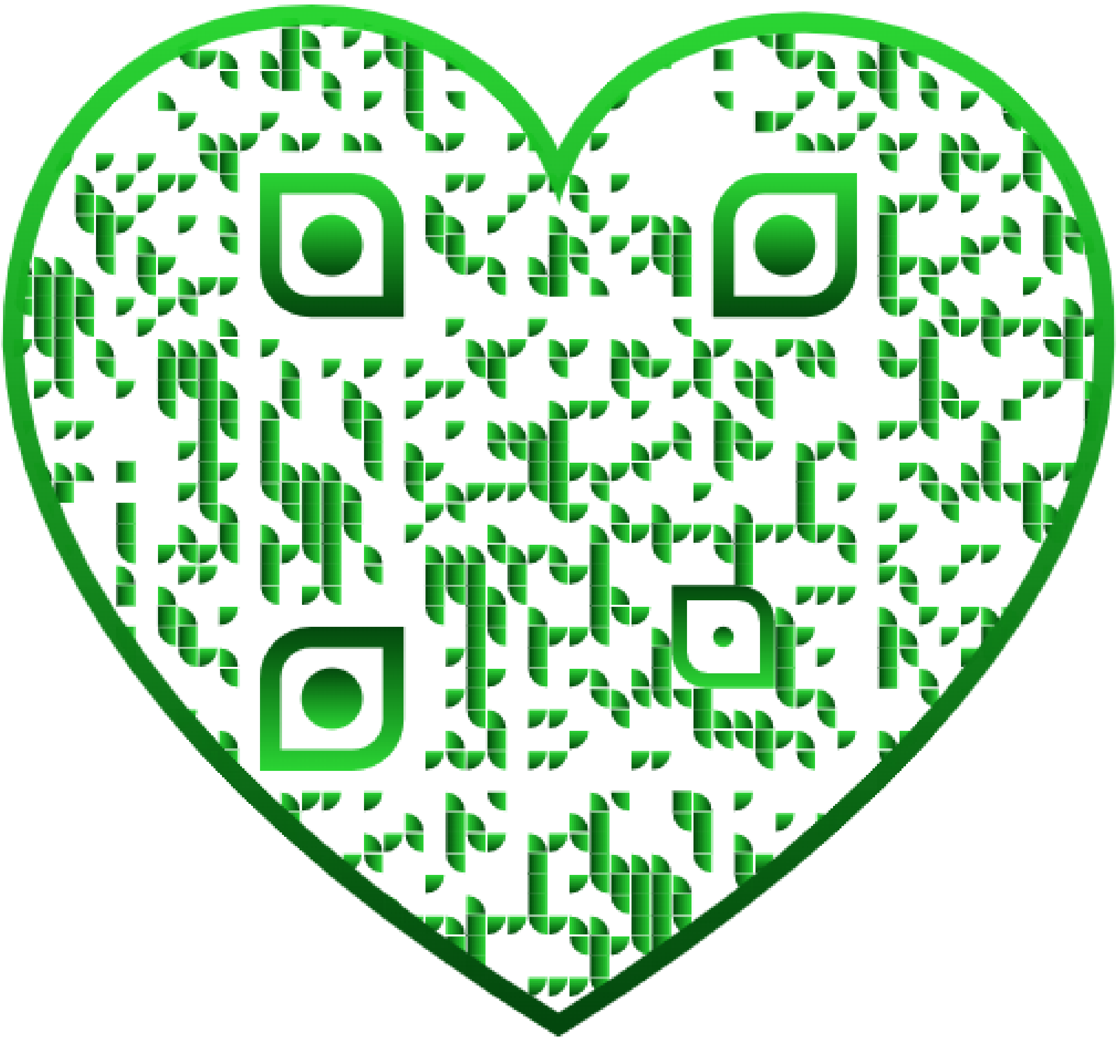

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DELICIOUS DONUTS 4 WAYS
Dinner made effortless!
Love is in the air fryer

Cruller donuts recipe on page 90

COVER
Photography DotDash Meredith

If there's one thing we know for sure, it's that Aussies love their air fryers. From weeknight dinners to crunchy snacks and comforting desserts, these little kitchen wonders have earned their place on the kitchen bench, and in our hearts.

But for all their promise, we also know the struggle: burnt chips, dry chicken, or that eternal question, how long do I cook this for? That's where this cookbook comes in.

You'll find recipes created to solve real, everyday problems. Fuss-free meals the kids will love. Time-saving solutions that make dinner time a breeze. Budget-friendly ideas that don't skimp on flavour, and smart tips to help you make the most of your air fryer.

This book was made with care, curiosity and a deep appreciation for how we cook now. We hope it earns a spot on your kitchen counter, right next to the appliance it was made for.

Megan

Megan Osborne
Editor

A NOTE FROM OUR FOOD EDITOR

The rise and rise of air fryers over the past few years has been incredible. This clever household appliance has revolutionised and simplified the way we cook at home. For me, the air fryer is the MVP of my little kitchen. From golden crispy snacks to an easy 'chuck it all in' dinner – and don't forget the sweet treats! – this fab fryer has earned its spot living permanently on my kitchen bench. One of my favourite dinner shortcuts is cooking kofta or meatballs in the air fryer (see p46). They get a super golden outside and you don't need to stand over the frying pan supervising! Whether you're a seasoned air-fryer pro, or plugging it in for the first time, there's something fun and tasty for you in this issue. – *Sarah Murphy*

> “Whether you're an air-fryer pro or plugging it in for the first time, there's something fun and tasty for you to try.”

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Air Fryer Basics

An air fryer is actually not a fryer. Essentially a mini convection oven, an air fryer has a heating element along with a fan that circulates hot air around your food. The food goes into the air-fryer basket or onto the tray that is placed inside the appliance. Because the basket or tray is suspended and accessible to heat from all sides, this results in a crispy texture similar to deep-frying.

CHOOSING AN AIR FRYER

With so many different models available, choosing an air fryer can be overwhelming. Keep these tips in mind when shopping.

SIZE

Air fryers come in a wide range of sizes, from individual single-serve fryers to large double-basket beauties. When choosing, consider how many people you need to feed. The bigger the fryer basket, the fewer batches you need to cook, and the faster dinner gets to the table. However, the bigger the fryer, the more counter space it will take up!

FEATURES

There isn't much difference between air fryers in terms of how well they cook. As with a new car, it's the extra options that bump up the price. Less expensive models often just have dials for temperature and cooking time. Higher-end models have digital displays, multiple functions and presets that allow you to customise your output a little further.

SPACE

If you don't have much space in your kitchen, a countertop toaster oven with an air-fry setting might be the right model for you. If portability is a priority (because you want to take your air fryer to a holiday house, for example), look for an air fryer model that's lighter and easier to transport.

WHAT YOU NEED TO KNOW ABOUT OIL

Most air fryers don't require oil, but using cooking spray or tossing your food with a little oil before cooking will improve the texture and flavour. If you use too much oil, however, you risk drips that can cause smoke.

- **Use a neutral-tasting oil** with a high smoke point, such as vegetable, canola or grapeseed oil.
- **Coat low-fat foods** like lean meats (such as skinless chicken), potatoes and vegetables with cooking oil spray or oil right before cooking. Using an oil spray is easiest, but if you don't have oil spray, use a pastry brush and lightly brush your food with oil.
- **For foods coated with breadcrumbs** or other dry ingredients, coat with cooking oil spray immediately before cooking to help avoid crumb spray in the air fryer.
- **Some recipes call for lightly coating the basket** to keep food from sticking, but cooking spray could damage an air fryer's nonstick surface over time. Always follow the manufacturer's instructions.
- **Naturally fatty foods** such as red meat or skin-on poultry likely don't need additional oil for cooking. Let the recipe be your guide.

ADD A TRAY (OR TWO)

There are many low-cost options on the market for reusable silicone air-fryer trays. These are great for easier wash-up and also allow you to cook food in separate sections.

TO PREHEAT OR NOT

Most recipes usually do fine without a preheat. This is because most air fryers only take two to three minutes to come to temperature, and most food isn't affected by a cold start.

But there are a few exceptions! For the best sear on meats and poultry, a quick preheat helps. When cooking fish, a preheated basket helps to avoid sticking.

Our recipes specify a preheat stage when necessary. Check the manufacturer's instructions for preheating as well.

PREHEAT NO-NO'S

Do not place baking paper or foil in the basket until you're ready to add the food. Paper or foil will blow around and can catch alight. If you're using baking paper, trim to fit as snugly as possible.

BATCH IT

OVERLOADING THE AIR-FRYER BASKET SLOWS COOKING. IT ALSO GUARANTEES UNEVEN RESULTS BECAUSE HOT AIR CAN'T GET TO ALL THE FOOD SURFACES.

WATCH THE TIMING

When batch-cooking, adjust the time as needed after the first batch. Cook times may be shorter for later batches because the air fryer is already hot.

GIVE IT SOME SPACE

AIR FRYERS RELEASE HEAT FROM THE APPLIANCE WHEN COOKING. CHECK WHERE THE VENT IS IN YOUR AIR FRYER (IT'S OFTEN AT THE BACK) AND ENSURE THAT YOUR AIR FRYER HAS ENOUGH SPACE AROUND IT FOR VENTILATION.

SHAKE IT Halfway through cooking, shake the air-fryer basket so food crisps evenly. Or use tongs, which can make it easier and less messy to turn over crumbed meat or delicate items.

TIMES VARY Cook times differ across brands and sizes. Watch food closely during the last few minutes to avoid burning, especially when cooking sweets or meats. Our Test Kitchen suggests trying the cook-time presets (if your machine has it) for various food types. This built-in feature can help eliminate guesswork as you get to know your device.

Frequent Fryers

We've wrapped up the top air fryer picks on the market.

BEST **USE OF SPACE**

NINJA DOUBLESTACK XXL 7.6L 2 DRAWER AIR FRYER

WHY WE LIKE IT
This smart air fryer maximises your benchtop space by stacking the two air fryers on top of each other. Its clever design also features removable stacked metal racks which allow you to cook on two levels per drawer.

$399.99

BEST TO **FEED A CROWD**

NINJA FLEXDRAWER AIR FRYER 6.6L

WHY WE LIKE IT
This clever air fryer has a removable drawer divider to turn it from a large air fryer into two smaller air fryers. The large option is perfect for roasting a large piece of meat, while the individual sections are ideal for smaller dishes that need different times and temperatures.

$249.99

MOST **INNOVATIVE**

SUNBEAM STEAM FRY AIR FRYER 7L

WHY WE LIKE IT
Along with the traditional air fry function, this 7L machine has an optional SteamFry function that uses both steam and air fryer technology. The steam helps cook food faster while retaining moisture. As a bonus, there's also a steam clean function which means less washing up!

$329

Prices are approximate and a guide only.

BEST **QUIET AIR FRYER**

TEFAL EASY FRY SILENCE 5L

WHY WE LIKE IT

This 5L air fryer is so whisper quiet, you'll forget it's even on! The ultra low noise level combined with 10 preset programs makes this air fryer the quiet achiever.

$269.95

BEST **TECH**

PHILIPS 5000 SERIES XXL CONNECTED AIRFRYER 7.2L

WHY WE LIKE IT

This 7.2L air fryer connects to the HomeID app, where you can search recipes and send the recipe time and temperature settings straight to the air fryer! Plus you can follow along the remaining cooking time on your phone. Smart!

$449

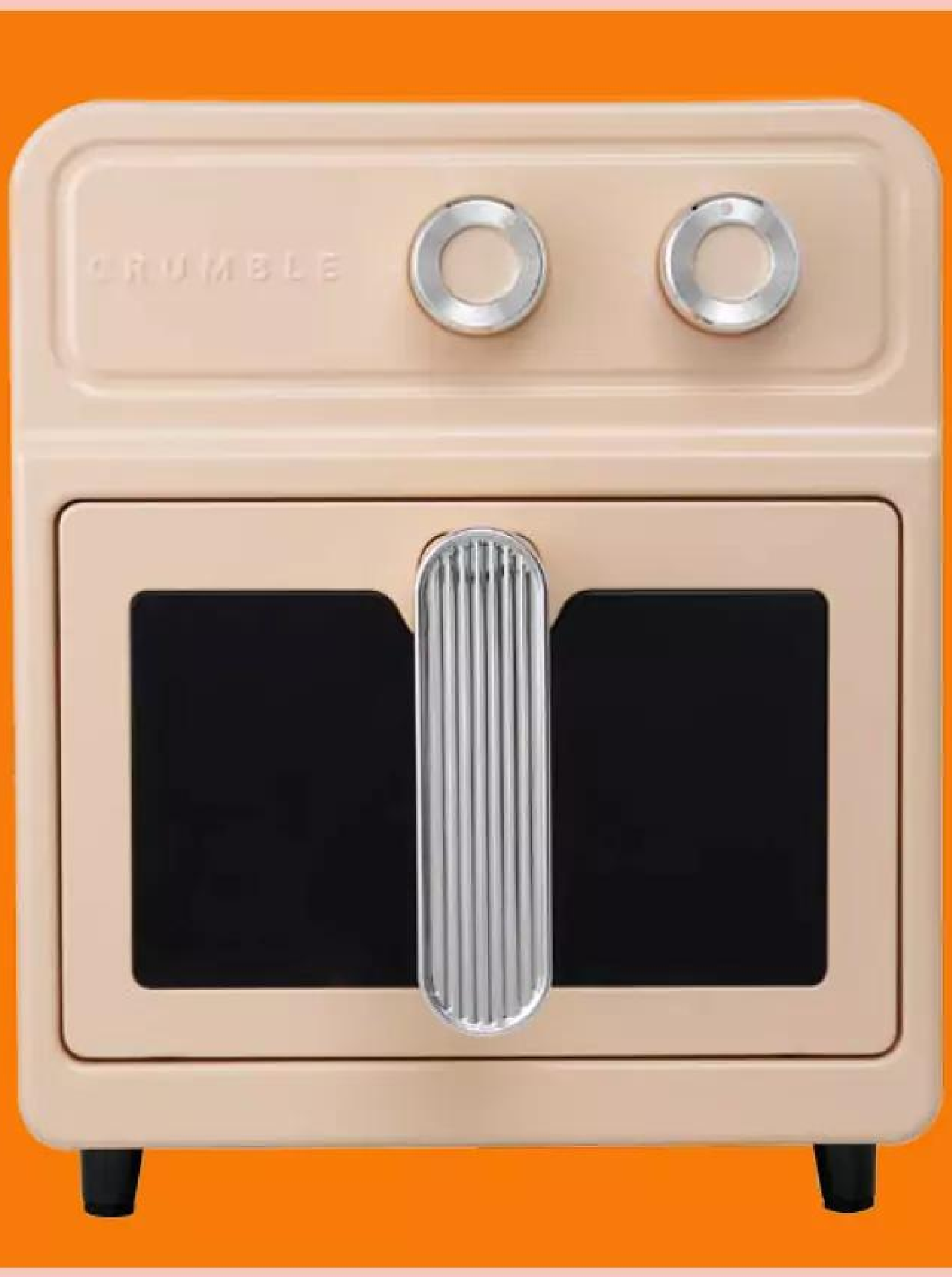
BEST **LOOKING**

CRUMBLE AIR FRYER 6L

WHY WE LIKE IT

If your air fryer needs to live on the bench, it may as well look good! This one is available in matt or gloss and a range of beautiful colours. With a capacity of 6L it's large enough to roast a chicken, too.

$429



BREVILLE ALL IN ONE COMPACT AIR FRYER OVEN

WHY WE LIKE IT

A generous 24L capacity allows you to cook multiple racks of food at the same time. It has 10 preset cooking functions, including a dehydrate setting, plus a handy interior light to check on your food without opening the door.

$369

BEST **MULTIFUNCTIONAL**

SCAN ME
Scan the QR code to shop these air fryers.

Rise & fry

Serve up brekkie specials from your air fryer this weekend.

HAM AND EGG TARTS

Preparation time 5 mins
Cooking time 40 mins
Makes 4

1 sheet frozen puff pastry, thawed
½ cup grated cheddar cheese
¼ cup diced ham
4 free-range eggs
Sea-salt flakes and freshly ground black pepper, to season
Dill sprigs, hot sauce, to serve

STEP 1 Cut the pastry sheet into four squares.
STEP 2 Working in batches, arrange pastry squares in a single layer in the air-fryer basket (do not overcrowd). Air-fry at 175°C for 5–6 minutes or until puffed and browned.
STEP 3 Using a metal tablespoon, gently press the centre of each pastry square to form an indentation. Place 1 tablespoon cheese and 1 tablespoon ham into each indentation. Return the pastry squares to the air-fryer basket. One at a time, crack an egg into a small bowl, then pour one egg into each indentation.
STEP 4 Air-fry at 175°C for 8–9 minutes, topping each tart with another 1 tablespoon cheese after 4 minutes, and cooking until egg whites are set. Season to taste. Garnish with dill sprigs and serve with hot sauce.

BLUEBERRY AND CREAM CHEESE FRENCH TOAST MUFFINS

Preparation time 20 mins
Cooking time 20 mins
Makes 8

1 cup milk
4 free-range eggs
2 Tbsp caster sugar
2 tsp vanilla essence
½ tsp almond extract
6 slices thick slice bread toast, cut into 2cm cubes
½ cup fresh blueberries
100g cream cheese, cut into 32 x 1cm cubes
¼ cup slivered almonds (optional)
Icing sugar, maple or blueberry syrup

STEP 1 In a large bowl, whisk milk, eggs, caster sugar, vanilla and almond extract. Add bread cubes, blueberries, and cream cheese cubes, toss to coat.

STEP 2 Divide bread mixture evenly among eight ½-cup capacity silicone muffin cups and top with slivered almonds (if using). (Cups will be very full and mounded.)

STEP 3 Working in batches if needed, place muffin cups in air-fryer basket. Cook at 180°C for 10 minutes or until the top of the muffins are puffed and golden. Cool muffins for 3 minutes or so before serving. Dust tops with icing sugar and serve with syrup.

RASPBERRY CRUMBLE CAKE

Preparation time 30 mins plus cooling
Cooking time 40 mins
Serves 8

¼ cup caster sugar, plus ½ cup extra
1½ Tbsp cornflour
1½ cups fresh raspberries
¼ cup water
1¼ cups plain flour
½ tsp baking powder
¼ tsp bicarbonate soda
60g cold salted butter, chopped
1 free-range egg, lightly beaten
½ cup buttermilk
1 tsp vanilla essence

STREUSEL
⅓ cup plain flour
3 Tbsp packed brown sugar
¼ tsp ground cinnamon
2 Tbsp melted butter

STEP 1 To make the streusel, in a bowl combine the flour, brown sugar and cinnamon. Drizzle mixture with melted butter, toss with a fork to combine.

STEP 2 In a small saucepan, stir the caster sugar, cornflour, raspberries and water. Cook, stirring, over medium heat until thickened and bubbly, about 4 minutes. Remove from heat.

STEP 2 Lightly grease an 18cm round baking dish or cake pan. In a large bowl, stir together flour, extra caster sugar, baking powder and bicarbonate soda. Using a flat-bladed knife, cut in butter until mixture resembles coarse crumbs. Make a well in centre of flour mixture.

STEP 3 In a medium bowl, combine egg, buttermilk and vanilla. Pour egg mixture into well in the flour mixture. Stir until just moistened (batter should be lumpy and thick). Spread half the batter into prepared baking dish. Pour raspberry filling on top of batter. Carefully spoon remaining batter over raspberry filling. Sprinkle the streusel over the top.

STEP 4 Place dish in air-fryer basket. Air-fry at 160°C for 30–40 minutes or until streusel is golden. Cool in pan on a wire rack for 30 minutes. Serve with additional raspberries.

MINI BACON AND CHEESE SCONES

Preparation time 15 mins
Cooking time 12 mins
Makes 8

1 cup plain flour
2 Tbsp sugar
1½ tsp baking powder
Pinch salt flakes
30g salted butter, chilled, chopped
1 free-range egg
¼ cup buttermilk
½ cup grated cheddar cheese
4 rashers bacon, cooked, crumbled
1 Tbsp finely chopped chives, plus extra to serve

STEP 1 In a medium bowl, stir flour, sugar, baking powder and salt. Using a flat-bladed knife, cut in butter until mixture resembles coarse crumbs.

STEP 2 In a small bowl, beat egg with a fork. Remove 2 tablespoons beaten egg to another small bowl. Add buttermilk to remaining egg and whisk with a fork until combined. Add to flour mixture. Stir with a fork just until moistened. Gently stir in cheese, cooked bacon and chives.

STEP 3 Transfer dough to a lightly floured surface. Gently knead eight to 10 strokes or until dough is no longer sticky. Pat dough into 15cm circle. Cut into eight wedges, dipping knife in flour between cuts. Brush tops with the reserved 2 tablespoons beaten egg.

STEP 4 Using a hole punch or sharp pencil, punch holes about 2cm apart in a sheet of baking paper that neatly fits the air fryer. Line air-fryer basket with perforated baking paper. Working in batches if needed, arrange dough wedges in a single layer in prepared basket. Cook at 180°C for 10–12 minutes or until scones are deep golden brown. Serve with extra chives.

Party starters

Need a party-perfect appetiser? Your air fryer has it covered.

CRISPY CHICKEN TORTILLA ROLLS

Recipe on page 24

SPICY CHICKEN WINGS

Preparation time 15 mins
Cooking time 30 mins
Serves 8

½ cup whole-egg mayonnaise
½ cup sour cream
½ cup crumbled blue cheese (about 60g)
2 green onions, finely chopped
1 Tbsp chopped fresh flat-leaf parsley (or 1 tsp dried parsley)
Garlic salt, to taste
24 chicken wing pieces (about 900g)
1 Tbsp olive oil
½ tsp salt
⅓ cup Buffalo-style hot sauce
60g salted butter
1 Tbsp apple cider vinegar
½ tsp garlic powder
⅛ tsp cayenne pepper
Carrot and celery sticks, to serve (optional)

STEP 1 For the dip, combine mayonnaise, sour cream, blue cheese, green onion, flat-leaf parsley and garlic salt in a bowl. Mix well, cover and refrigerate until ready to serve.

STEP 2 Place chicken wings in a large bowl, add olive oil and salt, and toss to coat evenly.

STEP 3 Working in batches if necessary, arrange wings in a single layer in the air-fryer basket without overcrowding. Air-fry at 180°C for 30 minutes, turning once halfway through, or until the skin is golden and crispy.

STEP 4 Meanwhile, for the sauce, combine hot sauce, butter, vinegar, garlic powder and cayenne pepper in a small saucepan. Heat over medium heat until the butter melts, then reduce the heat to low and keep warm.

STEP 5 Toss cooked wings in sauce until coated. Serve with blue cheese dip, carrot and celery sticks if using, and garnish with extra flat-leaf parsley and green onions if desired.

CRUMBED MOZZARELLA FINGERS

Preparation time 20 mins plus freezing
Cooking time 3 mins per batch
Serves 12

- **⅓ cup plain flour**
- **2 x 225g blocks mozzarella cheese, cut into 24 sticks (about 2-3cm long)**
- **1 cup panko breadcrumbs**
- **1 Tbsp chopped fresh flat-leaf parsley**
- **¼ tsp garlic powder**
- **1 free-range egg, lightly beaten**
- **1 Tbsp water**
- **Olive oil spray**
- **Warmed pasta sauce, to serve**

STEP 1 Place flour in a shallow dish. Roll cheese sticks in flour to coat evenly, then arrange on a baking paper-lined tray. Freeze for 1 hour.

STEP 2 In a second shallow dish, mix together panko, flat-leaf parsley and garlic powder. In a third dish, whisk egg and water. Dip each cheese stick again in flour, then in egg mixture, then press into panko mixture to coat well. Lightly spray with olive oil spray.

STEP 3 Working in batches if needed, arrange cheese sticks in a single layer in air-fryer basket, without overcrowding. Cook at 200°C for about 3 minutes, or until golden and crisp.

STEP 4 Serve mozzarella fingers with warmed pasta sauce.

COOK'S TIP

- To prepare ahead, coat cheese sticks as in Step 2, then place on a tray, cover and refrigerate for up to 2 hours, or freeze for up to 30 minutes. To reheat cooked and cooled cheese sticks, return them to the air fryer and cook for 30-60 seconds, until warmed through.

ONION RINGS WITH DIPPING SAUCE

Preparation time 15 mins
Cooking time 10 mins per batch
Serves 4

½ cup plain flour
1 tsp smoked paprika
½ tsp salt, divided
1 free-range egg
1 Tbsp water
1 cup wholemeal panko breadcrumbs
1 large brown onion, cut into 1.5cm thick rounds and separated into rings
Olive oil spray
¼ cup plain low-fat Greek-style yoghurt
2 Tbsp mayonnaise
1 Tbsp tomato sauce
1 tsp dijon mustard
¼ tsp garlic powder
¼ tsp paprika

STEP 1 In a shallow dish, stir together flour, smoked paprika, and ¼ teaspoon salt. In a second shallow dish, whisk together egg and water. In a third shallow dish, mix panko breadcrumbs and remaining ¼ teaspoon of salt.
STEP 2 Dredge onion rings in flour mixture, shaking off any excess. Dip into egg mixture, letting any excess drip off, then press into panko mixture to coat. Lightly spray onion rings with olive oil spray.
STEP 3 Working in batches, if needed, arrange onion rings in a single layer in the air-fryer basket without overcrowding. Air-fry at 175°C for 10 minutes, turning halfway through, or until golden brown and crispy.
STEP 4 Meanwhile, for dipping sauce, combine yoghurt, mayonnaise, tomato sauce, dijon mustard, garlic powder and paprika in a small bowl. Stir until smooth. Serve with onion rings.

CRISPY RAVIOLI WITH NAPOLETANA SAUCE

Preparation time 20 mins
Cooking time 20 mins
Makes 16

16 frozen or refrigerated ravioli (about 255g) of your choice
1 free-range egg, lightly beaten
2 Tbsp milk
¾ cup panko breadcrumbs
1 Tbsp grated parmesan cheese
¼ tsp garlic salt
¼ tsp black pepper
Olive oil spray
Chopped fresh flat-leaf parsley (optional)
1 cup Napoletana sauce, warmed

STEP 1 Preheat air fryer to 200°C. Cook ravioli according to package instructions, then drain. Rinse with cold water and drain again. Pat dry with paper towels.
STEP 2 In a shallow dish, whisk together egg and milk. In another shallow dish, combine panko breadcrumbs, parmesan, garlic salt and black pepper. Dip ravioli into egg mixture, then press into breadcrumb mixture to coat. Lightly spray ravioli with olive oil spray.
STEP 3 Working in batches if needed, arrange ravioli in a single layer in the air-fryer basket (do not overcrowd). Air-fry for 4 minutes, or until golden and crispy.
STEP 4 Sprinkle ravioli with flat-leaf parsley (if using) and extra parmesan cheese. Serve with warmed Napoletana sauce for dipping.

SPANAKOPITA BITES

Preparation time 25 mins
Cooking time 30 mins
Makes 16

- **280g fresh baby spinach**
- **2 Tbsp water**
- **60g low-fat cottage cheese**
- **30g crumbled feta cheese**
- **2 Tbsp grated parmesan cheese**
- **1 egg white**
- **1 tsp dried oregano, crushed**
- **1 tsp finely grated lemon zest**
- **Sea-salt flakes and freshly ground black pepper, to season**
- **Pinch of cayenne pepper**
- **4 sheets frozen filo pastry (about 45 x 35cm), thawed**
- **1 Tbsp olive oil**
- **Olive oil spray**

STEP 1 Place spinach and water in a large saucepan over high heat. Cook for about 5 minutes, stirring often, until spinach is wilted. Drain well, then allow to cool for 10 minutes. Use paper towel to press out any excess moisture.

STEP 2 In a large bowl, combine cottage cheese, feta, parmesan, egg white, oregano, lemon zest, salt, pepper and cayenne pepper. Stir in spinach.

STEP 3 Place one sheet of filo on a clean work surface and lightly brush with olive oil. Keep the remaining sheets covered with a clean, damp tea towel to prevent drying out. Layer with a second sheet of filo and brush with oil. Repeat until you have a stack of four oiled sheets. Cut stack lengthways into eight strips (about 45cm x 6cm each), then cut each strip in half to make 16 strips in total.

STEP 4 Place about 1 tablespoon filling at one end of each strip. Fold a corner of the strip over the filling to form a triangle. Continue folding triangle back and forth along strip (like folding a flag) until the filling is enclosed in a neat triangular parcel. Repeat with remaining strips. Lightly spray each parcel with olive oil spray.

STEP 5 Working in batches if needed, arrange parcels seam-side down in the air-fryer basket, making sure they're not crowded. Cook at 175°C for 12 minutes, turning once halfway, or until golden brown and crisp.

CRISPY CHICKEN TORTILLA ROLLS

Preparation time 15 mins
Cooking time 20 mins
Makes 12

- **4 tsp vegetable oil**
- **4 green onions, thinly sliced**
- **2 cloves garlic, crushed**
- **2 tbsp pickled jalapeños, chopped**
- **¼ cup spicy Mexican-style tomato sauce (such as salsa picante or taco sauce)**
- **1 Tbsp reduced-fat cream cheese**
- **2 cups shredded cooked chicken**
- **1 cup grated Mexican-style cheese blend**
- **Sea-salt flakes and freshly ground black pepper, to season**
- **12 small corn tortillas**
- **Olive oil spray**
- **Pico de gallo salsa, guacamole and coriander, to serve**

STEP 1 Heat oil in a frying pan over medium heat. Add green onions and garlic, then cook 1–2 minutes, until softened and fragrant.

STEP 2 Stir in jalapeños, tomato sauce and cream cheese. Cook, stirring, until smooth. Add chicken and cheese. Stir frequently until cheese is melted and mixture is heated through, about 2 minutes. Season with salt and pepper.

STEP 3 In another frying pan, warm tortillas one at a time, turning once, until soft and pliable, about 1 minute each. Spoon about 3 tablespoons chicken filling into the centre of each tortilla and roll up tightly. Keep rolled tortillas covered with a damp clean tea towel as you work. Lightly spray with olive oil spray.

STEP 4 Working in batches if needed, arrange tortillas in a single layer in the air-fryer basket without overcrowding. Air-fry at 200°C for 6–9 minutes, turning once halfway through, or until golden and crispy.

STEP 5 Serve warm with pico de gallo salsa, guacamole and coriander.

COCONUT PRAWNS

Preparation time 20 mins
Cooking time 15 mins
Serves 4

450g fresh or thawed large green prawns in shells
¼ cup cornflour
2 egg whites, lightly beaten
1 Tbsp water
2½ cups flaked coconut
Olive oil spray
½ cup sweet chilli sauce
Sliced green onions, to serve

STEP 1 Peel and devein prawns, leaving tails intact if preferred. Rinse and pat dry with paper towel. Keep chilled until ready to use.
STEP 2 Place cornflour in a shallow dish. In a second shallow dish, whisk together egg whites and water. Place coconut in a third dish. Dip each prawn into cornflour, then into egg mixture, then press into coconut to coat thoroughly. Lightly spray with olive oil spray.
STEP 3 Working in batches if needed, arrange prawns in a single layer in the air-fryer basket. Air-fry at 200°C for 4 minutes or until prawns are just cooked through and coconut is golden.
STEP 4 Serve immediately with sweet chilli sauce and sliced green onions.

Chip shop!

Make your own crispy chip varieties straight out of the air fryer.

SWEET POTATO CHIPS

Preparation time 10 mins plus 20 mins soaking
Cooking time 12 mins per batch
Serves 4

250g sweet potato, cut in 2mm slices (see Cook's Tip)
1 Tbsp canola oil
Sea-salt flakes and freshly ground black pepper, to season
Olive oil cooking spray

STEP 1 In a large bowl, soak potato slices in cold water for 20 minutes. Drain and pat dry. Wipe out the bowl, then return the potato slices to it. Add oil, salt and pepper; toss gently to coat.

STEP 2 Lightly coat the air-fryer basket with cooking spray. Working in batches, arrange potato slices in a single layer in the basket (do not overcrowd). Cook at 180°C for 12–16 minutes, turning chips every 4 minutes, or until lightly golden and crisp.

STEP 3 Let the chips stand for 5 minutes before serving. (Chips will continue to crisp as they cool.)

BBQ CHIPS For barbecue seasoning, stir together ½ teaspoon onion powder, ½ teaspoon smoked paprika, ¼ teaspoon garlic powder, ¼ teaspoon salt and ⅛ teaspoon chilli powder. Prepare chips as directed, but use barbecue seasoning instead of salt and black pepper. After cooking, sprinkle with ½ teaspoon brown sugar.

POTATO CHIPS

Preparation time 15 mins plus 30 mins soaking
Cooking time 15 mins per batch
Serves 4

250g sebago potatoes, peeled and cut into 2mm slices
Oil cooking spray
1 tsp sea-salt flakes

STEP 1 In a large bowl, soak potato slices in water for 15 minutes. Drain. Cover the slices with more water and soak for 15 minutes more. Drain the slices and pat dry.

STEP 2 Coat the potato slices with cooking spray and sprinkle with sea-salt flakes.

STEP 3 Working in batches, arrange potato slices in a single layer in the air-fryer basket (do not overcrowd). Cook at 180°C for 15 minutes, turning the chips every 4 minutes, or until golden brown and crisp.

SALT AND VINEGAR CHIPS Rinse potato slices well to remove starch. In a small saucepan, combine sliced potatoes, 1 cup white vinegar and 1 teaspoon sea-salt flakes. Bring to a boil over medium-high heat. Reduce heat and simmer, uncovered, for 4 minutes or until tender. Remove from heat and let stand 15 minutes. Continue with recipe from Step 2, except omit sea-salt flakes.

COOK'S TIP

- For best results, slice chips on a mandoline.

CRUMBED ZUCCHINI CHIPS

Preparation time 10 mins
Cooking time 12 mins
Serves 4

1 free-range egg, lightly beaten
1 cup panko breadcrumbs
⅔ cup grated parmesan cheese
2 large zucchini, cut into 6mm slices
Olive oil cooking spray
Sea-salt flakes and freshly ground black pepper, to season

STEP 1 Place egg in a shallow dish. In another shallow dish, stir together panko breadcrumbs and parmesan. Dip zucchini slices into egg, then press into the panko mixture to coat. Lightly coat zucchini slices with cooking spray.
STEP 2 Working in batches if needed, arrange zucchini slices in a single layer in the air-fryer basket (do not overcrowd). Cook at 180°C for 12 minutes, turning once halfway through, or until browned and crispy. Season. Accompany with onion dip (recipe right).

CARAMELISED ONION DIP

Preparation time 10 mins
Cooking time 30 mins plus 4½ hours chilling and cooling
Serves 12

1 Tbsp olive oil
1 small brown onion, finely chopped
Sea-salt flakes and freshly ground black pepper, to season
1 shallot, finely chopped
½ red onion, finely chopped
2 cloves garlic, crushed
2 tsp dried onion flakes
250g sour cream
¼ cup mayonnaise
Pinch cayenne pepper
3 Tbsp thinly sliced green onions
2 Tbsp thinly sliced chives

STEP 1 In a 25cm frying pan, heat oil over medium-high heat. Add brown onion and season with salt. Cook until the onion is golden brown and tender, 7–8 minutes, stirring frequently. Add shallot, red onion and garlic, then cook, stirring, 3–4 minutes or until softened. Remove from heat and stir in onion flakes. Let cool completely, about 20 minutes.
STEP 2 In a bowl, stir together sour cream, mayonnaise, cayenne pepper and the cooled onion mixture. Season with pepper. Chill, covered, at least 4 hours or overnight.
STEP 3 Stir in green onions and chives just before serving.

CRISPY PASTA CHIPS

Preparation time 5 mins plus 20 mins cooling
Cooking time 7 mins per batch
Serves 4

1 cup dried farfalle pasta
2 tsp olive oil
¼ cup finely grated parmesan cheese
½ tsp garlic powder
½ tsp dried Italian herbs
¼ tsp salt
Pesto, for serving

STEP 1 Cook farfalle according to package directions. Drain (do not rinse) and pat dry.
STEP 2 Preheat air fryer to 200°C. In a large bowl, add pasta and drizzle with oil. Stir in parmesan, garlic powder, Italian herbs and salt until pasta is coated.
STEP 3 Working in batches if needed, arrange pasta in a single layer in the air-fryer basket (do not overcrowd). Cook 7–8 minutes, turning once halfway through. Transfer to a paper towel-lined tray, breaking apart any pieces that are stuck together. Let cool completely, about 20 minutes. Serve with pesto. Store chips in an airtight container at room temperature up to 3 days.

Slide hustle

These sliders deliver big flavour in a snackable size.

CUBAN-INSPIRED PULLED PORK SLIDERS

Preparation time 10 mins
Cooking time 20 mins
Makes 8

2 cups shredded cooked pork
2 Tbsp orange juice
½ tsp ground cumin
2 Tbsp yellow mustard
2 Tbsp mayonnaise
8 dinner rolls
120g thinly sliced ham or salami
16 dill pickle slices
4 thin slices Swiss cheese, halved
40g butter, melted
1 small clove garlic, crushed

STEP 1 In a medium bowl, stir together pork, orange juice and cumin.
STEP 2 In a small bowl, whisk together mustard and mayonnaise. Split rolls and spread top and bottom halves with mustard mixture. Layer bottom halves with ham, pickles, pork and cheese, folding the fillings to fit the buns as needed. Sandwich with roll tops.
STEP 3 In a small bowl, combine butter and garlic. Brush butter mixture over roll tops.
STEP 4 Working in batches if needed, place sliders in the air-fryer basket (do not overcrowd). Air-fry at 180°C for 6–8 minutes or until the rolls are golden brown and the cheese is melted.

MEXICAN PULLED CHICKEN SLIDERS

Preparation time 10 mins
Cooking time 15 mins
Makes 8

1 cup canned crushed tomatoes
1 canned chipotle pepper in adobo sauce
1 small clove garlic, peeled
2 cups shredded cooked chicken
Sea-salt flakes and freshly ground black pepper, to season
2 Tbsp chopped fresh coriander
8 dinner rolls
40g butter, melted
½ tsp dried Mexican oregano or oregano
¾ cup shredded mozzarella
½ cup sliced pickled jalapeños

STEP 1 In a blender or food processor, add tomatoes, chipotle and garlic, cover and blend until smooth. Transfer to a bowl. Add chicken to tomato mixture, toss to combine. Season with salt and pepper, stir in coriander. Split rolls and spread roll bottoms with chicken mixture.

STEP 2 Working in batches if needed, place sliders (without roll tops) in air-fryer basket (do not overcrowd). Air-fry at 180°C for 8 minutes.

STEP 3 Meanwhile, in a small bowl, combine butter and oregano. Brush butter mixture over roll tops.

STEP 4 Add mozzarella and jalapeños to rolls, then sandwich with the roll tops. Air-fry 5 minutes more or until rolls are golden brown and the cheese is melted. If you like, serve sliders with additional jalapeños.

ROAST BEEF AND GRAVY SLIDERS

Preparation time 25 mins
Cooking time 20 mins
Makes 8

50g salted butter, divided
1 brown onion, thinly sliced
Sea-salt flakes and freshly ground black pepper, to season
8 dinner rolls
450g thinly sliced roast beef
8 slices Swiss or provolone cheese
40g packet French onion soup mix

STEP 1 In a large frying pan, melt half the butter on medium heat. Add onion and salt. Cook 15 minutes, stirring occasionally, until onions are golden.
STEP 2 Split rolls and layer the bottom halves with roast beef, onion and cheese, folding the fillings to fit the rolls as needed. Sandwich with roll tops.
STEP 3 Melt remaining butter with 1 teaspoon of the French onion soup mix. Brush this over the roll tops.
STEP 4 Working in batches if needed, place the sliders in the air-fryer basket (do not overcrowd). Air-fry at 180°C for 6–8 minutes or until the rolls are golden brown and the cheese is melted.
STEP 5 Meanwhile, to make the gravy, in a saucepan combine 2 cups water and the remaining French onion soup mix. Bring to a boil, stirring occasionally. Reduce heat to low and simmer for 5 minutes. Keep warm. Serve sliders with gravy.

ITALIAN-STYLE SLIDERS

Preparation time 5 mins
Cooking time 15 mins
Makes 8

8 dinner rolls
¼ cup readymade basil pesto
8 thin slices salami
16 slices pepperoni
200g thinly sliced ham
8 thin slices provolone cheese
⅓ cup giardiniera, drained and finely chopped
40g butter, melted
½ tsp dried Italian herbs

STEP 1 Split rolls and spread top and bottom halves with pesto. Layer roll bottoms with salami, pepperoni, ham, provolone and giardiniera, folding the fillings to fit the rolls as needed. Sandwich with roll tops.

STEP 2 In a small bowl, combine butter and Italian herbs. Brush butter mixture over roll tops.

STEP 3 Working in batches if needed, place sliders in the air-fryer basket (do not overcrowd). Air-fry at 180°C for 6–8 minutes or until rolls are golden brown and the cheese is melted.

Med masters

Add Mediterranean gusto to dinner
with these zippy air fryer eats.

FALAFEL WITH ROASTED CAPSICUM AND TZATZIKI
Recipe on page 42

HARISSA-LIME SALMON WITH ASPARAGUS

Preparation time 10 mins
Cooking time 5 mins
Serves 2

2 x 170g skinless salmon fillets
1 Tbsp harissa paste
1 Tbsp honey
¼ tsp ground coriander
Sea-salt flakes and freshly ground black pepper, to season
225g asparagus spears, trimmed to fit air fryer
1 tsp olive oil
Sliced lime, coriander sprigs, to serve

HARISSA-LIME SAUCE

2 Tbsp Greek-style yoghurt
2 Tbsp mayonnaise
2 tsp harissa paste
1 clove garlic, grated
1 tsp finely grated lime zest
1 Tbsp fresh lime juice

STEP 1 Preheat air fryer to 200°C.
STEP 2 Pat salmon dry with paper towel. Combine harissa, honey and coriander in a bowl. Season to taste. Generously coat the salmon fillets with harissa mixture.
STEP 3 Line the air-fryer basket with perforated baking paper. Arrange salmon and asparagus in the prepared basket. Drizzle the asparagus with olive oil and season. Cook for 5 minutes or until the salmon is cooked to your liking.
STEP 4 Meanwhile, for the harissa-lime sauce, in a small bowl whisk together the yoghurt, mayonnaise, harissa paste, garlic, lime zest and lime juice. Season to taste. Add water as needed to reach desired consistency.
STEP 5 Serve salmon and asparagus with sauce, sliced lime and coriander.

SPICED TUNA WITH AVOCADO- CITRUS SALAD

Preparation time 15 mins
Cooking time 5 mins
Serves 2

2 x 140g tuna steaks, about 2cm thick
2 Tbsp olive oil
Sea-salt flakes and freshly ground black pepper, to season
1 Tbsp Aleppo spice rub (see recipe at right)
1 small grapefruit
1 orange
3 Tbsp fresh lemon juice
1 avocado, sliced
¼ cup thinly slivered red onion
Baby spinach, Italian-style chilli oil, to serve

STEP 1 Preheat air fryer to 200°C.

STEP 2 Pat tuna dry with paper towels. Rub tuna with 1 tablespoon oil and sprinkle with salt. Roll evenly in Aleppo spice rub.

STEP 3 Working in batches if needed, arrange the tuna in a single layer in an air-fryer basket. Cook 4–5 minutes or until tuna is done to your liking (55°C internal temperature). Tuna should be pink in the centre.

STEP 4 Meanwhile, for salad, remove peel and pith from grapefruit and orange by first cutting off ends, then standing upright on a cutting board and slicing with the curve of the fruit to remove majority of peel and pith, while keeping fruit intact. Thinly slice fruit.

STEP 5 In a medium bowl, whisk lemon juice with 1 tablespooon oil. Season.

STEP 6 Add sliced citrus, avocado and red onion to lemon mixture, then gently stir to combine.

STEP 7 Thinly slice tuna and serve with avocado-citrus salad and spinach (if using). Drizzle with chilli oil, if desired.

ALEPPO SPICE RUB

Combine 2 tablespoons Aleppo pepper, 2 tablespoons smoked paprika, 1 tablespoon onion powder, 1 teaspoon ground oregano, 1 teaspoon garlic powder and 1 teaspoon ground black pepper. Store in an airtight container.

ONE-BASKET MEDITERRANEAN CHICKEN DINNER

Preparation time 15 mins
Cooking time 20 mins
Serves 2

225g chicken breast, thinly sliced
1 red onion, thinly sliced
115g button mushrooms, halved or quartered
½ medium zucchini, cut into 1.5cm slices
2 Tbsp olive oil, divided
2 cloves garlic, minced
1 tsp finely chopped fresh sage
1 tsp finely chopped fresh thyme
Sea-salt flakes and freshly ground black pepper, to season
2 Tbsp white balsamic vinegar
1 Tbsp honey
2 Tbsp chopped flat-leaf parsley
3 Tbsp sliced dried apricots or sultanas
2 Tbsp crumbled goat cheese or feta
Mixed salad, to serve

STEP 1 Preheat air fryer to 200°C. In a large bowl, combine chicken, onion, mushrooms, zucchini, 1 tablespoon olive oil, garlic, sage and thyme. Season. Toss to coat.
STEP 2 Working in batches if needed, place chicken mixture in air-fryer basket. Cook for 10 minutes, stirring once halfway through, until chicken is cooked through and vegies start to brown.
STEP 3 Meanwhile, in a large bowl, whisk together remaining 1 tablespoon olive oil, vinegar and honey. Add chicken mixture, parsley and apricots, tossing until well combined.
STEP 4 Top with cheese and serve with mixed salad.

FALAFEL WITH ROASTED CAPSICUM AND TZATZIKI

Preparation time 20 mins plus 10 mins standing
Cooking time 25 mins
Serves 4

½ cup shredded, deseeded cucumber, plus sliced cucumber
Pinch salt
120g Greek-style yoghurt
2 Tbsp plus 1 tsp olive oil
1 Tbsp chopped fresh mint or dill
2 tsp fresh lemon juice
1 clove garlic, crushed
1 red capsicum, cut into strips
400g chickpeas (no salt added), rinsed and drained
¼ cup chopped fresh flat-leaf parsley (or coriander and/or dill)
2 Tbsp plain flour
3 cloves garlic, chopped
1 tsp ground coriander
½ tsp baking powder
½ tsp ground cumin
¼ tsp freshly ground black pepper
¼ tsp salt
2 Tbsp toasted sesame seeds
Olive oil cooking spray
Lemon couscous, to serve (see recipe at right)
Halved cherry tomatoes, to serve

STEP 1 For tzatziki, set a colander over a bowl. Add shredded cucumber with a pinch of salt. Let stand for 10 minutes. Using a large spoon, press out excess liquid. Place cucumber on paper towels and squeeze out any additional liquid.
STEP 2 In a small bowl, stir together cucumber, yoghurt, 1 tablespoon olive oil, mint, lemon juice and crushed garlic.
STEP 3 Preheat air fryer to 200°C. In a medium bowl, toss capsicum strips with 1 teaspoon olive oil. Place capsicum strips in the air-fryer basket. Cook for 6 minutes, shaking basket halfway through, or until capsicum is soft and starting to char.
STEP 4 For falafel, in a food processor combine roasted capsicum, remaining 1 tablespoon olive oil, chickpeas, parsley, flour, chopped garlic, ground coriander, baking powder, cumin, pepper and salt. Cover and pulse until everything is well blended, finely chopped, and holds together (some small visible pieces of chickpea will remain). Add sesame seeds and pulse just to combine. Form mixture into 12 small patties (about 4cm in diameter). Coat falafel with cooking spray.
STEP 5 Working in batches if needed, arrange falafel in a single layer in air-fryer basket. Cook for 10 minutes, turning once halfway through, until patties are a deep golden brown.
STEP 6 Serve with tzatziki, lemon couscous, cherry tomatoes and/or sliced cucumber, and additional herbs.

LEMON COUSCOUS

1 Tbsp olive oil
¼ cup finely chopped shallot
1½ cups dry couscous
1½ cups boiling reduced-salt chicken stock
Sea-salt flakes and freshly ground black pepper, to season
¼ cup chopped fresh parsley
Juice of 1 lemon

STEP 1 Heat oil in a small saucepan on medium heat. Add shallot and cook, stirring, until translucent, about 3 minutes. Add couscous and cook, stirring constantly, for 1 minute. Add boiling stock and season. Remove from heat.
STEP 2 Cover saucepan and let stand 10–15 minutes, until the couscous is tender and liquid is absorbed. Fluff with a fork and stir in parsley and lemon juice before serving.

LEMON CHICKEN WITH CAPERS

Preparation time 30 mins
Cooking time 20 mins
Serves 2

1 large chicken breast
Sea-salt flakes and freshly ground black pepper, to season
1 egg white
½ cup dry white wine
60g fine dry breadcrumbs
1 Tbsp grated parmesan cheese
¼ tsp onion powder
⅛ tsp garlic powder
Olive oil cooking spray
60g dried orzo pasta
1 clove garlic, peeled
1 Tbsp olive oil, divided
2 cups chopped fresh spinach
60g chopped roasted red capsicums
1 tsp lemon zest
2 Tbsp fresh lemon juice
2 cloves garlic, minced
⅔ cup reduced-salt chicken stock
1 Tbsp capers, rinsed and drained
2 tsp cornflour
1 Tbsp thickened cream, at room temperature
Chopped flat-leaf parsley, to serve

STEP 1 Using the flat side of a meat mallet, flatten chicken between two pieces of plastic wrap to 6mm thickness. Season chicken.
STEP 2 In a shallow dish, whisk together egg white and 1 tablespoon white wine. In a second shallow dish, whisk together breadcrumbs, parmesan, onion powder and garlic powder.
STEP 3 Dip chicken into egg mixture, allowing excess to drip off, then press into breadcrumb mixture to coat. Coat chicken with cooking spray.
STEP 4 Working in batches if needed, arrange chicken in a single layer in air-fryer basket. Cook for 10 minutes, turning once halfway through, or until chicken is cooked through.
STEP 5 Meanwhile, prepare the orzo. Cook orzo according to package directions, adding the peeled garlic clove to the boiling water with the orzo. Drain orzo and remove garlic. Finely chop garlic and return to saucepan with orzo. Stir in 2 teaspoons olive oil, spinach, red capsicum, lemon zest and 1 tablespoon lemon juice. Cook over medium-low heat, stirring constantly, until spinach is wilted and heated through. Cover and keep warm.
STEP 6 For the caper sauce, in a small saucepan, heat remaining 1 teaspoon olive oil over medium-high heat. Add minced garlic and cook for 30 seconds or until fragrant, stirring regularly. Carefully add remaining white wine, cooking and stirring until the wine is almost completely reduced, about 5 minutes. Add stock, capers and remaining 1 tablespoon lemon juice. Cook and stir until reduced by half, about 8 minutes.
STEP 7 In a small bowl, whisk together cornflour and 1 tablespoon water. Whisk cornflour slurry into white wine mixture and cook, whisking constantly, until sauce thickens, for about 1 minute. Remove from heat and stir in cream.
STEP 8 Serve the chicken with orzo, caper sauce and parsley.

HERBED LAMB CUTLETS WITH BABY POTATOES AND GRAPES

Preparation time 15 mins plus 15 mins standing
Cooking time 25 mins
Serves 2

3 Tbsp finely chopped fresh mint
1 tsp sugar
¼ cup red wine vinegar, divided
4 tsp olive oil, divided
1¼ tsp finely chopped fresh rosemary, divided
1 clove garlic, grated
Sea-salt flakes and freshly ground black pepper, to season
4 lamb cutlets, cut 2.5cm thick, frenched if liked
450g new potatoes (about 3 cups), 3–5cm in diameter, halved
¼ tsp garlic powder
1 cup whole seedless red grapes

STEP 1 For sauce, in a small bowl lightly muddle together 2 tablespoons mint and sugar. Add 2 tablespoons red wine vinegar and stir to dissolve sugar. Let the sauce rest while preparing the lamb and potatoes.
STEP 2 Set a large resealable bag in a shallow dish. In the bag, combine 3 teaspoons olive oil, remaining 2 tablespoons vinegar, remaining 1 tablespoon mint, 1 teaspoon rosemary and garlic. Season with salt and pepper. Add cutlets, seal bag, then massage marinade into the lamb. Let stand at room temperature for 15–20 minutes.
STEP 3 Meanwhile, in a medium bowl, toss potatoes in remaining 1 teaspoon olive oil, ½ teaspoon rosemary and garlic powder. Place potatoes in air-fryer basket. Air-fry at 200°C for 15 minutes, tossing potatoes and adding grapes to the basket after 10 minutes, until potatoes are golden and tender. Keep potatoes and grapes warm while preparing cutlets.
STEP 4 Working in batches if needed, arrange cutlets in a single layer in the air-fryer basket. Cook at 200°C for 8 minutes, turning once halfway through, or until cooked to your liking.
STEP 5 Serve lamb cutlets with potatoes, grapes and sauce.

KOFTA WRAPS WITH HONEY TAHINI

Preparation time 25 mins
Cooking time 20 mins
Makes 6 wraps

1 small brown onion, finely chopped
½ cup chopped dates
¼ cup chopped fresh flat-leaf parsley and/or coriander
2 cloves garlic, minced
1 tsp ground coriander
1 tsp ground cumin
¼ tsp ground allspice
¼ tsp ground cinnamon
⅛ tsp cayenne pepper (optional)
Sea-salt flakes and freshly ground black pepper, to season
450g lean beef mince and/or lamb mince
1 punnet whole cherry tomatoes
½ cup sliced brown onion
¼ cup tahini
2 Tbsp honey
1–2 tsp fresh lemon juice
6 wholewheat Greek-style pita flatbreads
½ cucumber, sliced
Lemon wedges (optional)

STEP 1 Preheat air fryer to 180°C. In a food processor combine onion, dates, parsley, garlic, ground coriander, cumin, allspice, cinnamon and cayenne pepper (if using). Season with salt and black pepper. Cover and pulse until finely chopped. Add beef and pulse just until combined. Form mixture into 18 small oval balls.

STEP 2 Working in batches if needed, arrange koftas in a single layer in air-fryer basket. Cook at 180°C for 9 minutes, turning once halfway through, or until koftas are fully cooked.

STEP 3 Add cherry tomatoes and sliced onion to the air-fryer basket. Cook for 9 minutes, stirring once halfway through, or until tender.

STEP 4 Meanwhile, for honey tahini, in a small bowl whisk together tahini, honey and 1 teaspoon lemon juice, adding more lemon juice if needed to reach desired consistency.

STEP 5 Spread 1 tablespoon honey tahini on each flatbread. Top with koftas, tomato-onion mixture and cucumber slices. Serve with lemon wedges.

Clever chook

Give family fave chicken a new air fryer spin.

CHEESY STUFFED CHICKEN

Preparation time 20 mins
Cooking time 30 mins
Serves 4

1 Tbsp olive oil
1 shallot, thinly sliced
2 cloves garlic, minced
200g spinach, coarsely chopped
8 semi-dried tomatoes, thinly sliced
¼ tsp chilli flakes
60g crumbled goat cheese
4 slices thinly sliced ham, chopped
4 chicken breasts
½ cup shredded mozzarella

STEP 1 Line the air-fryer basket with perforated baking paper. In a 25cm frying pan, heat the oil over medium-high heat. Add shallot and garlic to frying pan, then cook, stirring, for 3 minutes or until fragrant. Add spinach, tomatoes and chilli flakes and cook, stirring, for 3–5 minutes or until spinach is slightly wilted. Remove pan from heat. Stir in goat cheese and ham.

STEP 2 On a cutting board, place two chopsticks lengthwise along each side of one chicken breast. Slice crosswise into 2cm-thick slices, stopping at chopsticks to avoid cutting through. Repeat with remaining chicken. Fill slits with spinach mixture.

STEP 3 Arrange chicken in a single layer in the air-fryer basket. Air-fry at 180°C for 14–15 minutes. After 12 minutes, top with mozzarella. Cook a further 2–3 minutes until cheese has melted and chicken is cooked through.

GARAM MASALA-SPICED CHICKEN DRUMSTICKS

Preparation time 15 mins plus 4 hours marinating
Cooking time 25 mins
Serves 6

6 chicken drumsticks, skinned
1½ tsp paprika
1 tsp salt
1 tsp ground coriander
1 tsp garam masala
1 tsp ground cumin
½ tsp black pepper
¼ tsp cayenne pepper
180g plain Greek-style yoghurt
3 Tbsp vegetable oil
3 cloves garlic, crushed
2 tsp minced fresh ginger
Turmeric rice (see recipe below), coriander, mango chutney, to serve

STEP 1 Make short, deep slits in chicken drumsticks. In a small bowl, combine paprika, salt, coriander, garam masala, cumin, black pepper, and cayenne pepper. Rub over chicken.
STEP 2 In a large bowl, whisk yoghurt, oil, garlic and ginger. Add chicken, turning to coat. Cover and marinate 4–6 hours in refrigerator.
STEP 3 Preheat air fryer at 200°C for 5 minutes. Arrange chicken in air-fryer basket. Air-fry at 200°C for 25 minutes, turning once halfway through, or until cooked through.
STEP 4 Serve chicken with turmeric rice, coriander and chutney.

TURMERIC RICE In a medium saucepan, bring 1¾ cups water to the boil. Stir in 1 cup basmati rice, ½ teaspoon salt and ½ teaspoon ground turmeric. Return to the boil, then reduce heat. Simmer, covered, for 15 minutes. Remove from heat and let stand, covered, for 5 minutes. Stir in ⅓ cup chopped green onion.

SPICED SOUTHERN-STYLE FRIED CHICKEN

Preparation time 20 mins plus 4 hours marinating
Cooking time 35–40 mins
Serves 4

2 cups buttermilk
1 Tbsp Cajun seasoning
4 chicken thigh cutlets
1 cup plain flour
150g panko breadcrumbs
Olive oil cooking spray
60g salted butter
1 clove garlic, minced
1 Tbsp honey
1 tsp cider vinegar
Pickled cucumbers, to serve

STEP 1 In a shallow dish, whisk buttermilk with 2 teaspoons Cajun seasoning. Add chicken, turning to coat. Cover and marinate in refrigerator for 4 hours or overnight.
STEP 2 In another dish, combine flour and 2 teaspoons Cajun seasoning. Place panko breadcrumbs in a separate dish. Remove chicken from buttermilk, letting excess drip off. Reserve buttermilk in a third dish. Dip chicken in flour mixture, then buttermilk, then the panko breadcrumbs. Coat with cooking spray.
STEP 3 Preheat air fryer at 175°C for 5 minutes. Arrange chicken in a single layer in air-fryer basket. Air-fry at 175°C for 35–40 minutes, turning and respraying halfway through cooking time, until chicken is cooked through.
STEP 4 In a small frying pan, melt butter over medium heat. Add garlic and cook for 30 seconds. Remove pan from heat, then stir in honey and vinegar. Drizzle over chicken and serve with pickled cucumbers, if desired.

JALAPEÑO-STUFFED CHICKEN THIGHS

Preparation time 20 mins
Cooking time 40 mins
Serves 4

- **4 rashers rindless bacon**
- **60g cream cheese, softened**
- **½ cup shredded Mexican cheese blend**
- **¼ tsp garlic powder**
- **Sea-salt flakes and freshly ground black pepper, to season**
- **4 canned pickled whole jalapeños (10cm each), halved and deseeded**
- **4 chicken thighs**
- **½ tsp paprika**
- **Hot honey, to serve (optional)**

STEP 1 Working in batches if needed, place bacon in a single layer in the basket. Air-fry at 175°C for 3 minutes until par-cooked but flexible. Cool slightly. Wipe out basket.

STEP 2 In a small bowl, combine cream cheese, Mexican cheese blend and garlic powder. Season to taste. Fill each jalapeño half with cream cheese mixture, then sandwich halves together.

STEP 3 Flatten chicken thighs between plastic wrap to 6mm thick. Place a stuffed jalapeño in the centre of each thigh. Roll to enclose. Season with paprika, ¼ teaspoon salt and ¼ teaspoon pepper. Wrap each with bacon strips. Secure with toothpicks.

STEP 4 Arrange chicken in a single layer in the air-fryer basket. Cook at 175°C for 20–25 minutes, turning once halfway through cooking, until chicken is cooked through. Serve with hot honey, if desired.

Meaty mains

Cook hearty meat-filled mains
with ease in the air fryer.

PORK TENDERLOIN WITH BALSAMIC BRUSSELS SPROUTS

Preparation time 25 mins
Cooking time 25 mins
Serves 4

2 Tbsp olive oil, divided
1 tsp garlic powder
1 tsp dried oregano, crushed
1 tsp dried thyme, crushed
½ tsp ground cumin
Sea-salt flakes and freshly ground black pepper, to season
500g pork fillet, trimmed
200g brussels sprouts, trimmed and quartered
1 red onion, thinly sliced
1 Tbsp balsamic vinegar
Fresh oregano, to serve

STEP 1 Preheat air fryer to 200°C. In a small bowl, stir together 1 tablespoon olive oil, garlic powder, oregano, thyme and cumin, and season with sea-salt flakes and pepper. Rub mixture all over pork.
STEP 2 Place pork in air-fryer basket. Cook at 200°C for 17–20 minutes, turning once halfway through, or until pork reaches 60°C internal temperature. Remove and cover loosely with foil to rest.
STEP 3 Meanwhile, in a medium bowl, combine brussels sprouts, red onion, balsamic vinegar and remaining 1 tablespoon olive oil. Season with sea-salt flakes and pepper. Place mixture in air-fryer basket. Cook at 180°C for 8–10 minutes, stirring once halfway through, or until vegetables are golden and tender.
STEP 4 Thinly slice pork against the grain. Serve with brussels sprouts mixture and oregano.

MARINATED STEAK WITH VEGIES

Preparation time 15 mins plus 5 mins resting
Cooking time 30 mins
Serves 4

2 Tbsp olive oil
Sea-salt flakes and freshly ground black pepper, to season
225g baby red new potatoes, halved or quartered
1 small brown onion, cut into wedges
3 large carrots, cut into 2.5cm pieces
2 tsp steak seasoning
400-450g beef flank steak, trimmed to an even thickness
2 Tbsp grated parmesan cheese
1 Tbsp chopped fresh flat-leaf parsley

STEP 1 In a large bowl, combine 1 tablespoon olive oil with salt and pepper. Add potatoes, onion and carrot, then toss to coat. Spread the vegetable mixture in the air-fryer basket. Air-fry at 175°C for 8 minutes.
STEP 2 Meanwhile, in a small bowl, stir together remaining 1 tablespoon olive oil and steak seasoning. Rub the mixture evenly over the steak.
STEP 3 Nestle the steak into the vegetable mixture in the air-fryer basket. Air-fry at 175°C for 18-20 minutes, turning the steak and rearranging the vegetables once halfway through, until the steak is cooked to your liking and vegetables are tender. Cover the steak with foil and let stand for 5 minutes.
STEP 4 While the steak rests, toss the vegetables with the parmesan and parsley. Thinly slice the steak against the grain and serve with the vegetables.

AIR-FRIED WHOLE CHICKEN

Preparation time 10 mins
Cooking time 40 mins plus 10 mins standing time
Serves 4

2 Tbsp salted butter, softened
2 tsp packed brown sugar
2 tsp paprika
1 tsp mustard powder
½ tsp dried thyme, crushed
¼ tsp garlic powder
1.6kg whole chicken
Sea-salt flakes and freshly ground black pepper, to season
Steamed beans, pan-fried lemon halves, to serve

STEP 1 In a small bowl, combine butter, brown sugar, paprika, mustard powder, thyme and garlic powder. Preheat air fryer at 180°C for 5 minutes.

STEP 2 Rinse the cavity of the chicken and pat dry with paper towels. Twist wing tips behind the back and tie the legs together with kitchen twine. Gently rub the butter mixture under the skin. Season the outside of the chicken with sea-salt flakes and freshly ground black pepper.

STEP 3 Place the chicken, breast side down, in the air-fryer basket. Air-fry at 180°C for 40–50 minutes, turning once after 35 minutes, until chicken is cooked through. Remove chicken from air fryer, cover loosely with foil, and let stand for 10 minutes. Serve with green beans and pan-fried lemon halves.

Filled faves

Fill up sweet and savoury eats
with a delish surprise inside.

AIR FRYER ZUCCHINI WITH MEATBALLS

Preparation time 10 mins
Cooking time 20 mins
Makes 4

2 zucchini
½ tsp garlic powder
12 cooked beef meatballs (see Cook's Tip)
250ml Napoletana sauce
½ tsp chilli flakes (optional)
75g shredded mozzarella cheese
25g grated parmesan cheese
Chopped fresh basil

STEP 1 Trim ends from zucchini and cut each in half lengthwise. Using a melon baller or a small spoon, scoop out and discard seeds to create 0.5cm-thick shells. Sprinkle garlic powder inside the zucchini.
STEP 2 Preheat air fryer to 200°C for 3 minutes. Working in batches if needed, arrange zucchini shells in air-fryer basket. Cook for 5 minutes or until just beginning to soften. Remove from basket.
STEP 3 In a small bowl, combine meatballs, sauce, and chilli flakes (if using).
STEP 4 Spoon meatball mixture into zucchini shells and top with mozzarella. Return zucchini to the basket in batches (do not overcrowd). Cook at 200°C for 3–4 minutes or until the filling is hot and the mozzarella is melted. Top with parmesan and basil to serve.

COOK'S TIP

- This recipe is great to use up leftover meatballs from another dinner.

TWICE-BAKED SWEET POTATOES WITH HOT HONEY

Preparation time 15 mins
Cooking time 50 mins
Serves 4

- **2 sweet potatoes (450g total)**
- **1 Tbsp olive oil**
- **60g cream cheese, softened**
- **30g salted butter, softened**
- **1 Tbsp brown sugar**
- **½ tsp cinnamon**
- **Sea-salt flakes, to season**
- **30g chopped toasted pecans**
- **1 Tbsp hot honey (optional)**

STEP 1 Scrub sweet potatoes and pat dry. Prick all over with a fork and lightly rub with olive oil. Place in air-fryer basket. Cook at 200°C for 35–40 minutes, turning once halfway, until tender and deep golden. Let potato cool slightly.

STEP 2 Slice each potato in half lengthwise. Scoop out flesh, leaving 0.5cm-thick shells. Place flesh in a medium bowl.

STEP 3 Mash potato flesh with a masher. Stir in cream cheese, butter, brown sugar, cinnamon and salt. Spoon mixture back into shells.

STEP 4 Return filled halves to air fryer in batches. Cook at 175°C for 6 minutes or until heated through. Top with pecans and drizzle with hot honey (if using).

CHOCOLATE-RASPBERRY TURNOVERS

Preparation time 20 mins plus 30 mins standing
Cooking time 24 mins
Makes 9

- **60g cream cheese, softened**
- **1 Tbsp icing sugar**
- **125g fresh raspberries**
- **¾ cup dark or milk chocolate chips**
- **1 frozen puff pastry sheet, thawed**
- **1 free-range egg**
- **1 Tbsp water**
- **Olive oil cooking spray**

STEP 1 In a medium bowl, mix cream cheese and icing sugar. Gently fold in raspberries and ½ cup chocolate chips until combined and berries break down slightly.

STEP 2 Cut pastry into 9cm x 10cm squares. Spoon about 2 tablespoons filling on the centre of each square.

STEP 3 In a small bowl, beat egg with water. Brush pastry edges with egg wash. Fold into triangles and seal edges with a fork. Brush tops with egg wash and spray bottoms lightly with oil.

STEP 4 Preheat air fryer at 180°C for 5 minutes. Working in batches, carefully arrange turnovers in a single layer in air-fryer basket. Cook at 180°C for 12 minutes or until golden. Cool slightly. Melt remaining chocolate chips and drizzle over turnovers. Let stand for 30 minutes before serving.

Vegie things

Load up your air fryer with vegie-packed eats. It's a match made in heaven!

ROASTED BEETROOT AND CRUNCHY APPLE SALAD

Preparation time 15 mins
Cooking time 16 mins
Serves 4

450g beetroots, peeled and cut into 2.5cm chunks
2 Tbsp olive oil, divided
Sea-salt flakes and freshly ground black pepper, to season
½ cup sliced red onion
1 apple, cored and sliced
1 Tbsp cider vinegar
1 Tbsp chopped fresh chives
60g crumbled goat cheese
2 Tbsp chopped walnuts, toasted

STEP 1 Toss beetroot with 1 tablespoon oil and season.
STEP 2 Place beetroot in the air-fryer basket. Air-fry at 200°C for 8 minutes. Turn beetroot, add onion, then cook a further 8–12 minutes, until tender.
STEP 3 In a large bowl, combine beetroot mixture with apple, remaining 1 tablespoon oil, vinegar and chives. Toss to coat. Top with goat cheese and walnuts.

FENNEL AND BUTTERNUT PUMPKIN SALAD

Preparation time 20 mins
Cooking time 20 mins
Serves 4

2 bulbs fennel (450g), cored and sliced 1.25cm thick
2 cups cubed butternut pumpkin
3 shallots, quartered lengthwise
3 Tbsp olive oil, divided
Sea-salt flakes and freshly ground black pepper, to season
2 Tbsp red wine vinegar
2 tsp Everything Bagel seasoning
4 cups baby rocket
2 cups cooked farro
60g crumbled blue cheese
2 Tbsp chopped hazelnuts, toasted

STEP 1 In a large bowl, combine fennel, pumpkin, shallots, 1 tablespoon oil, salt and pepper. Toss to coat.
STEP 2 Place mixture in air-fryer basket. Cook at 175°C for 20–25 minutes, stirring twice, until vegetables are tender. Let cool.
STEP 3 In a large bowl, combine remaining 2 tablespoons oil, vinegar and seasoning. Add fennel mixture, rocket and farro, toss to coat. Top with blue cheese and chopped hazelnuts.

FILO ASPARAGUS BUNDLES

Preparation time 15 mins
Cooking time 20 mins
Makes 8 bundles

60g shredded parmesan cheese
1 tsp lemon zest
Sea-salt flakes and freshly ground black pepper, to season
4 sheets filo pastry
2 Tbsp salted butter, melted
450g asparagus spears, trimmed
Balsamic glaze (optional)

STEP 1 In a bowl, combine parmesan and lemon zest. Season.

STEP 2 Place one sheet of filo on a work surface. (While working, keep remaining filo covered with plastic wrap to prevent it drying out.) Brush with melted butter and sprinkle with half the parmesan mixture. Top with a second filo sheet, pressing gently to adhere. Cut stack into four pieces crosswise. Top each piece with 3-5 asparagus spears. Wrap filo around asparagus and press edges to seal. Brush bundles with butter. Repeat with remaining ingredients.

STEP 3 Working in batches, arrange bundles in a single layer in the air-fryer basket. Cook at 175°C for 8-10 minutes, turning once halfway through, until crisp and golden. Keep warm in a 90°C oven if necessary. Drizzle with balsamic glaze, if using.

CHARRED SMASHED SAMBAL BROCCOLI

Preparation time 20 mins
Cooking time 25 mins
Serves 4

1 bunch broccoli, cut into 5cm florets
2 Tbsp vegetable oil
Sea-salt flakes and freshly ground black pepper, to season
2 Tbsp sambal oelek
3 cloves garlic, minced
2 tsp pure maple syrup
1 tsp toasted sesame oil
1 Tbsp sesame seeds, toasted

STEP 1 Steam broccoli in a basket over boiling water for 5 minutes until softened. Leave to cool on a tray.
STEP 2 Use the base of a sturdy glass to flatten each floret to 1.25cm thick.
STEP 3 Toss with oil and season.
STEP 4 Working in batches, air-fry at 200°C for 8 minutes or until charred. Keep warm in a 90°C oven.
STEP 5 In a bowl, combine sambal oelek, garlic, maple syrup and sesame oil. Add broccoli and toss to coat. Sprinkle with sesame seeds.

PARMESAN AND BASIL ZUCCHINI FRITTERS

Preparation time 15 mins
Cooking time 30 mins
Serves 4

- **450g zucchini, coarsely shredded**
- **½ tsp salt**
- **50g finely grated parmesan cheese**
- **60g plain flour**
- **1 free-range egg, lightly beaten**
- **¼ cup chopped green onions**
- **2 Tbsp chopped fresh basil**
- **Sea-salt flakes and black pepper, to season**
- **Olive oil cooking spray**
- **120g sour cream**
- **½ tsp lemon zest, plus extra, to serve**
- **1 Tbsp lemon juice**
- **1 green onion, chopped**

STEP 1 In a colander set in the sink or over a bowl, toss zucchini with salt and let stand for 10 minutes.

STEP 2 Transfer zucchini to a clean tea towel and wring out excess moisture.

STEP 3 In a bowl, combine zucchini, parmesan, flour, egg, green onion and basil. Season with black pepper. Shape into eight 7.5cm patties (about 60ml each). Coat with spray.

STEP 4 Working in batches, place patties in the air-fryer basket. Cook at 185°C for 14 minutes, turning once, until golden. Keep warm in a 90°C oven.

STEP 5 In a bowl, combine sour cream, lemon zest, lemon juice and green onion. Season. Serve with fritters. Garnish with extra zest and green onion, if desired.

CRISPY CAULIFLOWER BITES

Preparation time 15 mins
Cooking time 30 mins
Serves 4

- **450g cauliflower florets (5-6cm wide)**
- **2 free-range eggs, lightly beaten**
- **½ cup buttermilk**
- **½ cup plain flour**
- **1 tsp salt**
- **½ tsp paprika**
- **½ tsp dried thyme**
- **½ tsp garlic powder**
- **¼ tsp cayenne pepper**
- **60g panko breadcrumbs**
- **Cooking oil spray**
- **Dipping sauce (recipe at right)**
- **Fresh thyme sprigs, to serve (optional)**

STEP 1 Steam cauliflower in a basket over boiling water for 6-8 minutes until softened. Let cool on a tray.

STEP 2 In a shallow dish, whisk eggs and buttermilk. In another dish, whisk flour, salt, paprika, thyme, garlic powder, cayenne pepper and panko breadcrumbs.

STEP 3 Dip cauliflower in egg, then coat in flour and panko breadcrumb mixture. Spray generously with oil.

STEP 4 Working in batches, cook at 200°C for 10-14 minutes, turning once, until golden.

STEP 5 Serve with dipping sauce and fresh thyme if using.

DIPPING SAUCE In a small bowl, whisk together ¼ cup mayonnaise, ¼ cup sour cream, 1 tablespoon tomato sauce, 2 teaspoons horseradish and ¼ teaspoon paprika. Chill for 30 minutes before serving.

CHIPOTLE LIME CORN RIBS

Preparation time 15 mins
Cooking time 16 mins
Serves 6

- **3 fresh sweet corn, husks removed**
- **2 Tbsp vegetable oil**
- **½ tsp salt**
- **¾ tsp packed brown sugar**
- **½ tsp ground chipotle chilli, plus extra, to serve**
- **½ tsp ground cumin**
- **80ml mayonnaise**
- **1 tsp lime zest**
- **1 Tbsp fresh lime juice**
- **Chopped coriander (optional)**

STEP 1 Trim ends of corn and cut each ear crosswise in half. Cut each half into quarters lengthwise.
STEP 2 Toss corn with oil, salt, sugar, chipotle and cumin.
STEP 3 Working in batches, air-fry at 200°C for 8 minutes, turning once, until corn is tender and curled.
STEP 4 Whisk together mayonnaise, lime zest and juice.
STEP 5 Brush corn with the lime mayonnaise. Serve with the remaining mayonnaise and garnish with chopped coriander and extra chipotle.

Healthier eats!

Pump up the flavour and cut down the calories with some air fryer magic.

ROASTED RATATOUILLE

Preparation time 10 mins
Cooking time 15 mins
Serves 4

2 zucchini, sliced thickly
1 large red capsicum, sliced thinly
1 large yellow capsicum, sliced thinly
1 medium red onion, cut into thin wedges
2 Tbsp extra virgin olive oil
1 tsp smoked paprika
Sea-salt flakes and black pepper
250g baby roma tomatoes
2 cloves garlic, sliced thinly
2 Tbsp pine nuts
2 Tbsp red wine vinegar
½ cup basil leaves

STEP 1 Preheat a 7-litre air fryer to 180°C for 3 minutes.
STEP 2 Place zucchini, capsicum, red onion, oil and paprika in a bowl. Season with salt and pepper. Toss to combine.
STEP 3 Taking care, line air-fryer basket with baking paper. Spoon vegetables onto paper. Cook at 180°C for 10 minutes, tossing halfway through the cooking time.
STEP 4 Add tomatoes, garlic and pine nuts to vegetables in basket and toss gently. Cook at 180°C for a further 5 minutes or until vegetables are lightly browned and tender.
STEP 5 Serve ratatouille drizzled with vinegar and topped with basil.

STUFFED CAPSICUMS

Preparation time 10 mins
Cooking time 45 mins
Makes 4

¾ cup vegetable stock, boiling
2 Tbsp extra virgin olive oil
1 cup wholemeal couscous
1 large red onion, chopped finely
2 tsp dried oregano
250g cherry tomatoes, halved
4 large mixed capsicums
125g sun-dried tomatoes, no added oil, halved (see Cook's Tip)
⅓ cup kalamata olives, halved
1 tsp finely grated lemon zest
2 Tbsp lemon juice
Sea-salt flakes and freshly ground black pepper, to season
⅓ cup pepitas, toasted
½ cup oregano leaves (optional)

BASIL AND ROCKET YOGHURT

2 cups basil leaves
1 cup baby rocket leaves
¾ cup Greek-style yoghurt

STEP 1 Preheat a 5.3-litre air fryer to 180°C for 3 minutes.

STEP 2 Place boiling stock and 1 tablespoon oil in a heatproof bowl. Stir in couscous. Cover bowl and let stand for 5 minutes or until liquid is absorbed. Fluff couscous with a fork.

STEP 3 Meanwhile, taking care, line air-fryer basket with foil. Layer on top of the foil the onion, dried oregano and cherry tomatoes, then drizzle with remaining oil. Air-fry for 5 minutes or until tomatoes are softened.

STEP 4 Meanwhile, cut the top off each capsicum and remove the seeds and membrane. Reserve the tops. Combine the couscous, cherry tomato mixture, sun-dried tomatoes and olives in a bowl. Add the lemon zest and lemon juice and mix well to combine. Season to taste. Fill capsicum bases with the couscous mixture.

STEP 5 Wrap stuffed capsicum bases individually in foil and place in the air-fryer basket. Air-fry at 180°C for 20 minutes. Remove capsicum bases from basket and partially unwrap so you can place capsicum tops on the bases. Rewrap with foil to cover entire capsicum. Return stuffed capsicums to basket and cook for a further 20 minutes or until capsicums are cooked through.

STEP 6 Meanwhile, to make basil and rocket yoghurt, place basil and rocket in a heatproof bowl and cover with boiling water. Stand for 1 minute, then carefully drain. Cool under cold running water. Squeeze out excess liquid. Blend with yoghurt until smooth. Season to taste.

STEP 7 Serve stuffed capsicums topped with basil and rocket yoghurt, toasted pepitas and oregano.

COOK'S TIP

- If you can't find sun-dried tomatoes without oil, use marinated sun-dried tomatoes or semi-dried tomatoes. Drain them well.

SESAME AND CHILLI-BAKED BROCCOLINI WITH MUSHROOMS

Preparation time 5 mins
Cooking time 15 mins
Serves 4 (as a side)

2 bunches broccolini, trimmed
2 long red chillies, seeded, sliced thickly
200g mixed mushrooms, sliced (see Cook's Tip)
1 Tbsp sesame oil
Sea-salt flakes and freshly ground black pepper
3 cloves garlic, sliced thinly
1 Tbsp sesame seeds
2 Tbsp oyster sauce

STEP 1 Preheat a 7-litre air fryer to 180°C for 3 minutes.
STEP 2 Combine broccolini, chilli and mushrooms in a large bowl, then add sesame oil and toss to coat. Season with salt and pepper.
STEP 3 Taking care, place vegetable mixture in air-fryer basket and air-fry for 10 minutes, tossing halfway through cooking time, or until vegetables are beginning to crisp at edges.
STEP 4 Sprinkle vegetables with garlic and sesame seeds, then cook at 180°C for a further 3 minutes or until tender.
STEP 5 Serve vegetables drizzled with oyster sauce.

COOK'S TIP

- We used shiitake, king, oyster and button mushrooms.

HERB-BAKED RICOTTA WITH VEGIE DIPPERS

Preparation time 5 mins
Cooking time 25 mins
Serves 6 (as a side)

- **2 x medium (60g) lebanese bread rounds**
- **20g butter, melted**
- **½ tsp dried Italian herb mix**
- **500g thick smooth ricotta (see Cook's Tip)**
- **1 free-range egg, beaten lightly**
- **⅓ cup finely grated parmesan**
- **1 Tbsp thyme leaves, plus extra**
- **¼ tsp dried chilli flakes**
- **Sea-salt flakes and freshly ground black pepper, to season**
- **Extra virgin olive oil, baby rainbow carrots, baby cucumbers, radishes and baby gem lettuce, to serve**

STEP 1 Preheat a 7-litre air fryer to 180°C for 3 minutes.

STEP 2 Brush bread rounds with butter and sprinkle with herb mix.

STEP 3 Taking care, place one bread round in the air-fryer basket, then place a wire rack on top. Air-fry for 3 minutes, until golden and crisp. Transfer to a plate to cool. Repeat with remaining bread round. Once cooled, cut bread rounds into wedges.

STEP 4 Meanwhile, place ricotta, egg, parmesan, thyme and chilli flakes in a medium bowl. Season, then stir to combine. Divide mixture between two 300ml ovenproof baking dishes.

STEP 5 Place dishes in air-fryer basket. Air-fry for 20 minutes, until ricotta is golden and set. Remove from air fryer.

STEP 6 Sprinkle baked ricottas with extra thyme leaves and drizzle with extra virgin olive oil. Serve warm with bread wedges, baby carrots, baby cucumbers, radishes and lettuce.

COOK'S TIP

- Smooth ricotta is available in tubs in the refrigerated section of supermarkets.

COOK'S TIPS

- Guacamole can be made a day ahead. Cover its surface with plastic wrap to prevent browning and refrigerate.
- Tortilla chips will keep in an airtight container for up to 1 week.

HEALTHY TORTILLA CHIPS AND SPECIAL GUACAMOLE

Preparation time 10 mins
Cooking time 25 mins
Serves 4

312g packet white corn tortillas
1 tsp ground cumin
1 tsp smoked paprika
1 tsp salt flakes
Extra virgin olive oil cooking spray
Tabasco chipotle sauce, coriander sprigs and lime wedges, to serve

SPECIAL GUACAMOLE

2 medium avocados
1 small red chilli, chopped finely
¼ tsp ground cumin
1 small clove garlic, crushed
2 Tbsp lime juice
½ cup finely chopped coriander
Sea-salt flakes and freshly ground black pepper, to season

STEP 1 Preheat a 5.3-litre air fryer to 200°C for 3 minutes.

STEP 2 Stack three tortillas on top of each other, then cut the stack into six wedges. Repeat with the remaining tortillas.

STEP 3 Combine cumin, paprika and salt flakes in a small bowl.

STEP 4 Taking care, place a third of the tortilla wedges in the air-fryer basket. Cook at 200°C for 7 minutes, turning halfway through the cooking time, until crisp. Transfer to a platter, spray with oil and sprinkle with a third of the spice mix. Repeat with remaining tortilla wedges, oil spray and spice mix.

STEP 5 To make the guacamole, use a spoon to scoop the avocado flesh into a bowl. Add half the chilli and all the remaining guacamole ingredients. Mash together using a potato masher or fork to a chunky texture. Season to taste.

STEP 6 Top the guacamole with the remaining chilli, chipotle sauce and coriander sprigs. Serve with the tortilla chips and lime wedges.

ROASTED PUMPKIN WITH PEPITA SALSA

Preparation time 20 mins
Cooking time 40 mins
Serves 6

1kg Kent pumpkin, unpeeled, cut into 3cm thick wedges
2 Tbsp extra virgin olive oil
Sea-salt flakes and freshly ground black pepper, to season
¼ cup pepitas, toasted
250g feta, crumbled
Flat-leaf parsley leaves, to serve

PEPITA SALSA
½ cup pepitas, toasted
1 cup flat-leaf parsley leaves
½ cup extra virgin olive oil
⅓ cup lime juice
1 small clove garlic, crushed

STEP 1 Preheat a 5.3-litre air fryer to 200°C for 3 minutes.
STEP 2 Place pumpkin and oil in a large bowl and season with salt and pepper. Using your fingers, massage oil onto each pumpkin wedge.
STEP 3 Taking care, place pumpkin wedges upright in the air-fryer basket. Cook at 200°C for 40 minutes, turning a number of times during cooking time, until the pumpkin is tender.
STEP 4 To make pepita salsa, process ingredients until mixture forms a slightly chunky salsa. Season to taste.
STEP 5 Serve pumpkin wedges topped with pepita salsa, toasted pepitas, feta and flat-leaf parsley leaves.

COOK'S TIP

- Pepita salsa can be made up to 4 days ahead. Refrigerate in a screw-top jar, covered with a thin layer of extra virgin olive oil, until required.

Say cheese!

Air-fry your favourite cheese into delish new creations.

MELTY BRIE

Preparation time 15 mins
Cooking time 10 mins
Serves 8

225g wheel brie cheese
180g seedless red grapes, halved or quartered
2 dried figs, finely chopped
1 Tbsp honey
½ tsp lemon zest
¼ tsp fennel seeds, crushed, or ¼ tsp chopped fresh rosemary
¼ tsp chilli flakes
1 Tbsp smoked almonds, chopped
24 toasted baguette slices

STEP 1 Slice the rind from the top of the brie and discard. Place the brie, cut side up, in a small, shallow ovenproof dish about 2.5cm wider than the cheese.

STEP 2 In a small bowl, combine the grapes, figs, honey, lemon zest, fennel seeds (or rosemary) and chilli flakes. Spoon the mixture over the brie.

STEP 3 Place the dish in the air-fryer basket. Cook at 180°C for 10–12 minutes, or until the brie is soft and melty. Let stand in the air fryer for 3 minutes before carefully removing.

STEP 4 Sprinkle with chopped smoked almonds and serve with toasted baguette slices.

COOK'S TIP

- Use the brie as the centrepiece of a cheese board. Surround with fruits, nuts and crackers for an easy entertaining option.

SPICED HALOUMI

Preparation time 10 mins
Cooking time 20 mins
Makes 8

1 x 225g haloumi
1 Tbsp olive oil
1 tsp ras el hanout or Moroccan seasoning
½ cup plain low-fat Greek-style yoghurt
2 tsp harissa paste
1 Tbsp fresh lemon juice
1 Tbsp chopped fresh mint
2 tsp honey
Toasted pita wedges (recipe below)

STEP 1 Slice haloumi crosswise into eight pieces. Brush each with olive oil and sprinkle with ras el hanout or Moroccan seasoning.
STEP 2 Working in batches if needed, arrange slices in a single layer in the air-fryer basket. Cook at 180°C for 10–12 minutes or until crisp and golden.
STEP 3 To make the harissa sauce, whisk together the yoghurt, harissa paste, lemon juice, mint and honey in a small bowl. Garnish with additional mint, if desired.
STEP 4 For extra flavour, drizzle haloumi with a little more olive oil and a pinch of ras el hanout or Moroccan seasoning before serving. Serve with harissa sauce and toasted pita wedges.

TOASTED PITA WEDGES

Cut two pita rounds into six wedges each. Toss with 1 tablespoon olive oil and ¼ teaspoon each salt and black pepper. Air-fry at 180°C for 5–6 minutes or until golden brown and crispy.

BRAZILIAN CHEESE BREAD (PÃO DE QUEIJO)

Preparation time 20 mins plus 20 mins chilling
Cooking time 12 mins per batch
Makes 20 cheese bread balls

¾ cup milk, plus 2 Tbsp extra
40g unsalted butter, chopped
¾ tsp salt
2 cloves garlic, crushed
2 cups tapioca flour (starch)
1 free-range egg
¾ cup grated parmesan cheese
½ cup shredded mozzarella and/or cheddar cheese

STEP 1 In a small saucepan, combine milk, butter, salt and garlic. Bring to the boil on medium-high heat.

STEP 2 Meanwhile, place tapioca flour in the bowl of a stand mixer. Once milk mixture is boiling, immediately add it to the flour in the bowl. Mix on medium speed until fully combined. The texture will be white and very sticky, similar to fondant. Mix on medium-low speed for a further 3 minutes to allow the mixture to thicken and cool.

STEP 3 With mixer on medium-low speed, add egg. Continue mixing until egg is incorporated, about 1 minute. Gradually add parmesan, a handful at a time, until fully incorporated. Add shredded cheese and mix just until combined. Chill dough for 20 minutes.

STEP 4 Using a hole punch or sharp pencil, punch holes about 2.5cm apart in a sheet of baking paper that neatly fits the air fryer. Using 1½ tablespoons of mixture at a time, roll dough into balls using slightly damp hands.

STEP 5 Working in batches, arrange dough balls about 5cm apart in prepared basket. Cook at 180°C for 12–14 minutes, turning once halfway through, until golden brown and puffy. Serve warm.

COOK'S TIP

- Tapioca flour, also called tapioca starch, is a gluten-free alternative to plain and wheat flours. It comes from the root of the cassava plant and has a texture like cornflour. Besides being a staple ingredient for gluten-free baking, it's also used for thickening soups, pie fillings, puddings and sauces.

ADD FLAVOUR

ITALIAN Use mozzarella or pizza cheese for the shredded cheese. Add 2 tablespoons finely chopped oil-packed dried tomatoes and 1 teaspoon dried Italian herbs when adding shredded cheese to the mix.

EVERYTHING Reduce salt in dough to ½ teaspoon. Add 2 teaspoons Everything Bagel seasoning when adding shredded cheese to the mix. If you like, sprinkle dough balls with additional seasoning before cooking.

SOUTHWEST Use cheddar cheese for the shredded cheese. Add 1 tablespoon finely chopped fresh coriander and 1 teaspoon finely chopped canned chipotle peppers in adobo sauce when adding shredded cheese to the mix.

LOADED Use shredded cheddar cheese. Add 2 tablespoons cooked chopped bacon and 1 tablespoon finely chopped fresh chives when adding shredded cheese to the mix.

MAKE AHEAD

Prepare recipe to step 4. Place dough balls on an oven tray and freeze for 2 hours or until frozen solid. Transfer dough balls to a resealable storage bag. Label and freeze for up to 1 month. To air-fry from frozen, cook at 180°C for 12–15 minutes, turning once halfway through.

A sweet finish

The air fryer works its magic on
the perfect ending to your meal.

MOLTEN LAVA CAKES

Preparation time 15 mins, plus 3 mins cooling
Cooking time 15 mins
Makes 4

Olive oil cooking spray
180g dark chocolate, chopped
115g salted butter
½ cup caster sugar
3 free-range eggs, lightly beaten
1 tsp vanilla extract
¼ cup plain flour
Icing sugar or cocoa powder, for dusting (optional)
Vanilla ice cream (optional)
Fresh berries (optional)

STEP 1 Preheat air fryer to 180°C for 5 minutes. Lightly coat four 150–180ml ramekins with cooking spray.
STEP 2 In a medium microwave-safe bowl, heat chocolate and butter on 50% power until melted, 1–2 minutes, stirring every 20 seconds. Whisk in caster sugar, eggs and vanilla. Fold in flour. Divide batter among ramekins.
STEP 3 Working in batches if needed, place ramekins in air-fryer basket. Cook for 11 minutes or until edges and tops are set and centres are still soft (internal temp 63°–68°C). Let stand in air fryer for 3 minutes. Invert onto plates. Serve warm with desired toppings.

JUMBO RED VELVET COOKIE

Preparation time 15 mins plus 5 mins cooling
Cooking time 20 mins
Makes 4 servings

Olive oil cooking spray
¾ cup plain flour
1 Tbsp cocoa powder
½ tsp baking powder
¼ tsp bicarbonate soda
45g salted butter, softened
⅓ cup caster sugar
¼ cup brown sugar
1 egg yolk
1 tsp red liquid food colouring
½ tsp vanilla extract
½ cup milk chocolate chips
Vanilla ice cream, sprinkles, to serve

STEP 1 Line bottom of a 15cm round cake pan with baking paper; coat with cooking spray. In a small bowl, whisk together flour, cocoa, baking powder and bicarbonate soda.

STEP 2 In a medium bowl, beat butter on medium speed for 30 seconds. Add caster sugar and brown sugar, then beat until combined. Beat in egg yolk, food colouring and vanilla. Beat in flour mixture. Stir in chocolate chips. Press dough into prepared pan.

STEP 3 Place pan in air-fryer basket. Cook at 180°C for 20 minutes, covering pan with foil after 15 minutes. Remove foil and let cookie cool in pan on a wire rack for 5 minutes. Loosen edges and invert onto rack. Serve warm, topped with ice cream and sprinkles if desired.

CRUMBED OREOS

Preparation time 10 mins
Cooking time 6 mins per batch
Makes 12 cookies

1 cup dry pancake mix
⅓ cup milk
1 free-range egg
2 Tbsp vegetable oil
½ tsp vanilla extract
2½ cups cornflakes, crushed
12 Oreo cookies
Olive oil cooking spray

STEP 1 Preheat air fryer to 180°C.
STEP 2 In a medium bowl, whisk together pancake mix, milk, egg, oil and vanilla. Place crushed cornflakes in a shallow dish.
STEP 3 Dip cookies in batter, allowing excess to drip off, then press into cornflakes. Coat with cooking spray.
STEP 4 Working in batches, place in air-fryer basket. Cook for 6 minutes, turning after 4 minutes, until golden.
SWEET DIP In a small bowl, beat together 115g cream cheese, ½ cup icing sugar, 2 tablespoons milk and ½ teaspoon vanilla until smooth. Top with honey if desired.

CHURRO APPLE RINGS

Preparation time 15 mins plus 30 mins freezing
Cooking time 7 mins per batch
Makes 18 rings

- **¾ cup plain flour**
- **2 Tbsp caster sugar, plus ½ cup extra**
- **¼ tsp baking powder**
- **160ml milk**
- **1 free-range egg**
- **15g salted butter, melted, plus extra 50g melted**
- **½ tsp vanilla extract**
- **½ tsp ground cinnamon**
- **2 medium apples, peeled, cored, sliced into 6mm rings**

STEP 1 In a medium bowl, whisk together flour, sugar and baking powder. Add milk, egg, butter and vanilla, then whisk until smooth.
STEP 2 In a shallow dish, mix extra sugar and cinnamon.
STEP 3 Line a tray with baking paper. Using a fork, dip apple slices in batter and allow excess to drip off. Place on lined tray. Freeze for 30–60 minutes.
STEP 4 Working in batches, air-fry at 200°C for 7–9 minutes, turning once. Brush with extra melted butter, dredge in cinnamon sugar. Serve immediately.

STRAWBERRY SHORTCAKES

Preparation time 20 mins plus 30 mins cooling
Cooking time 9 mins per batch
Makes 4

- **¾ cup plain flour**
- **3 Tbsp sugar, divided**
- **½ tsp baking powder**
- **⅛ tsp bicarbonate soda**
- **45g cold salted butter, cubed**
- **1 free-range egg**
- **60ml sour cream or plain yoghurt**
- **2½ cups sliced fresh strawberries**
- **Sweetened whipped cream, to serve (recipe below)**

STEP 1 Line air-fryer basket with baking paper. In a medium bowl, mix the flour, 2 tablespoons sugar, baking powder and bicarbonate soda. Cut in the butter so the mixture resembles coarse crumbs. Make a well in the centre.
STEP 2 In a small bowl, beat the egg, then whisk in sour cream. Add to flour mixture. Stir until mixture is just moistened.
STEP 3 Working in batches, drop scant ¼-cup mounds of dough onto basket. Air-fry at 185°C for 9–11 minutes or until golden. Cool on wire rack for 30 minutes.
STEP 4 Meanwhile, mash 2 cups of the strawberries with 1 tablespoon sugar. Stir in remaining ½ cup strawberries.
STEP 5 Slice shortcakes in half horizontally. Fill with whipped cream and half the strawberries. Top with remaining strawberries.
SWEETENED WHIPPED CREAM Beat 120ml thickened cream with 1 tablespoon sugar and ¼ teaspoon vanilla until soft peaks form.

CRULLER DONUTS

Preparation time 15 mins plus 10 mins cooling
Cooking time 40 mins
Makes 6 crullers

¾ cup water
60g unsalted butter, chopped
2 tsp caster sugar
½ cup plain flour
1 free-range egg
1 egg white
Icing, to serve (optional, recipes opposite)

CINNAMON SUGAR

¼ cup caster sugar
1½ tsp ground cinnamon

STEP 1 In a medium saucepan, stir water, butter and sugar over medium heat until boiling. Add flour all at once. Cook and stir vigorously until mixture forms a ball. Remove from heat and let cool for 10 minutes. Add egg and stir until incorporated. Add egg white and stir well until a smooth dough forms.
STEP 2 Spoon dough into a pastry bag fitted with a 2cm fluted nozzle. Line air-fryer basket with baking paper. Working in batches if needed, pipe dough in 7.5cm rings on baking paper (see Cook's Tips).
STEP 3 Air-fry at 180°C for 20 minutes, turning once after 12 minutes, or until golden brown.
STEP 4 For cinnamon sugar, combine sugar and cinnamon in a wide bowl. Dip warm crullers into the sugar mixture, or coat cooled crullers in icing if you prefer (recipes opposite).

COOK'S TIPS

- Trace 7.5cm circles onto 10cm squares of baking paper to use as a guide for piping crullers. Turn marked side down before piping.
- A cruller donut is made using a choux-style batter instead of a yeasted dough and is slightly more moist inside once cooked.

BERRY ICING

Make Drizzly Icing as below, then stir in 1 tablespoon powdered freeze-dried fruit such as raspberries or strawberries.

CHOCOLATE ICING

Make Drizzly Icing as below using milk, then stir in 2 tablespoons unsweetened cocoa powder. Scatter with sprinkles.

DRIZZLY ICING

In a bowl, combine 1 cup icing sugar, 2 tablespoons milk or orange juice, and ¼ teaspoon vanilla extract. Stir in additional milk or orange juice, 1 teaspoon at a time, to reach desired consistency. Use to drizzle over or dip crullers.

Classic bakes

Create some of your favourite afternoon tea treats in the air fryer.

BASIC VANILLA BUTTER COOKIES AND VARIATIONS

Recipe on page 94

BASIC VANILLA BUTTER COOKIES

Preparation time 20 mins plus 1 hour freezing
Cooking time 12 mins per batch
Makes 15

- **125g butter, softened**
- **½ cup caster sugar**
- **1 tsp vanilla extract**
- **1 egg yolk**
- **1¼ cups plain flour**
- **2 Tbsp caster sugar, extra**
- **Icing sugar, for dusting**

STEP 1 Beat butter, sugar and vanilla in a small bowl with an electric mixer until light and fluffy. Beat in egg yolk until combined. Sift flour, in two batches, into butter mixture, mixing well after each addition.

STEP 2 Knead dough on a lightly floured surface until smooth. Using your hands, shape it into a 25cm long log. Place extra caster sugar on a plate; roll log in the sugar. Wrap log in baking paper. Freeze for 1 hour or until firm.

STEP 3 Remove log from the freezer. Let stand for 10 minutes. Slice into 15 rounds, each about 1.5cm thick.

STEP 4 Preheat a 7-litre air fryer to 160°C for 5 minutes.

STEP 5 Taking care, line the air-fryer basket with baking paper. Place half the cookies, 2cm apart, in the basket (place remaining cookies in the fridge until needed). Cook for 12 minutes at 160°C until golden. Remove the basket from the air-fryer pan. Leave cookies in the basket for 10 minutes before transferring to a wire rack to cool completely. Repeat with remaining cookies.

STEP 6 Dust the cooled cookies with icing sugar.

VARIATIONS

TRIPLE-CHOC Add ⅓ cup (80g) each of milk, dark and white chocolate chips just before adding the flour in step 1. Roll level tablespoons of mixture into balls. Flatten balls until 1cm thick. Freeze for 20 minutes, then bake as directed from step 4.

SPICED MAPLE Add 1 teaspoon ground mixed spice along with the flour in step 1. Continue with the recipe from step 2. To make maple icing, combine ¾ cup sifted icing sugar, 1½ tablespoons maple syrup and 3 teaspoons water. Beat with a wooden spoon until the icing is smooth and a pouring consistency. Drizzle icing on top of cooled cookies.

ORANGE & PECAN Add 1 teaspoon finely grated orange zest and ½ cup chopped toasted pecans just before adding the flour in step 1. Continue with the recipe from step 2.

LEMON & CRANBERRY Add 1 teaspoon finely grated lemon zest and ½ cup (65g) dried cranberries just before adding the flour in step 1. Continue with the recipe from step 2.

BANANA BREAD

Preparation time 15 mins
Cooking time 55 mins
Serves 8

125g butter, softened
1 cup firmly packed brown sugar
1 tsp vanilla extract
2 free-range eggs
1½ cups (350g) mashed ripe banana (about 3 large bananas)
¼ cup maple syrup
1⅔ cups plain flour
1 tsp baking powder
1 tsp bicarbonate soda
1½ tsp ground cinnamon
¼ tsp salt flakes
½ cup coarsely chopped roasted walnuts
2 small bananas (130g each), halved lengthways
2 Tbsp demerara sugar
Ricotta, honey, to serve

STEP 1 Grease a 10.5cm x 20cm loaf pan and line the base and sides with baking paper, ensuring the paper sits flush with the rim.
STEP 2 In a medium bowl with an electric mixer, beat butter, brown sugar and vanilla until pale and fluffy. Beat in eggs, one at a time, until just combined, then beat in mashed banana and maple syrup. Sift over the flour, baking powder, bicarbonate soda, cinnamon and salt. Add walnuts, then stir with a large spoon until the dry ingredients are combined. Spoon mixture into loaf pan, smoothing the surface.
STEP 3 Preheat a 5.3-litre air fryer to 160°C for 3 minutes.
STEP 4 Taking care, place loaf pan in the air-fryer basket and cook at 160°C for 10 minutes.
STEP 5 Place banana halves, cut side up, on top of the bread. Cover loaf pan with foil and pierce the foil. Cook for a further 40 minutes.
STEP 6 Remove foil, then cook bread for another 5 minutes or until a skewer inserted into the centre comes out clean. Remove from the basket. Leave bread in pan for 10 minutes before turning, top side up, onto a wire rack to cool. Sprinkle top with demerara sugar while hot.
STEP 7 Serve slices of banana bread topped with ricotta and drizzled with honey.

PEANUT BUTTER BROWNIES

Preparation time 20 mins plus cooling
Cooking time 25 mins
Makes 12

- **125g butter, chopped**
- **200g dark chocolate (45% cocoa), chopped**
- **½ cup caster sugar**
- **½ cup Nestlé Top 'n' Fill Caramel**
- **¼ cup crunchy peanut butter**
- **2 free-range eggs, beaten lightly**
- **1 cup plain flour**
- **¼ cup self-raising flour**
- **1 tbsp cocoa powder**

STEP 1 Stir butter and chocolate in a medium saucepan over low heat until just smooth. Remove from heat and stir in sugar. Let cool for 10 minutes.

STEP 2 Preheat a 7-litre air fryer to 160°C for 5 minutes. Grease a 20cm square cake pan and line its base and sides with baking paper.

STEP 3 In a bowl, microwave Top 'n' Fill for 30 seconds or until softened. Stir in the peanut butter.

STEP 4 Stir egg into the cooled chocolate mixture, then stir in the sifted flours and cocoa.

STEP 5 Spread half the brownie mixture into the cake pan, then dollop with half the peanut butter mixture. Gently spread the remaining brownie mixture over the top, then dollop with remaining peanut butter mixture. Using a skewer, swirl the peanut butter mixture through the brownie mixture. Cover pan tightly with foil.

STEP 6 Taking care, place cake pan in the air-fryer basket and cook at 160°C for 25 minutes.

STEP 7 Remove the foil and cook brownies for a further 10 minutes, until just set on top. Remove from the basket. Leave brownie in pan to cool. Cut into 12 pieces.

CARROT CAKE

Preparation time 10 mins
Cooking time 1 hour 15 mins
Serves 12

- **3 free-range eggs**
- **1⅓ cups firmly packed brown sugar**
- **1 cup extra virgin olive oil**
- **3 cups coarsely grated carrot**
- **1 cup coarsely chopped walnuts**
- **2½ cups self-raising flour**
- **½ tsp bicarbonate soda**
- **2 tsp mixed spice**
- **250g cream cheese, softened**
- **¾ cup lemon curd**
- **Shredded lemon zest, to serve (see Cook's Tip)**

STEP 1 Preheat a 5.3-litre air fryer to 160°C for 5 minutes. Grease a deep 20cm round springform cake pan and line its base and sides with baking paper. Ensure the pan will fit in the air fryer.

STEP 2 Beat eggs, sugar and oil in a bowl with an electric mixer until thick and creamy. Stir in carrot and walnuts, then sifted dry ingredients. Spoon mixture into cake pan. Cover with foil.

STEP 3 Taking care, place cake pan in the air-fryer basket. Cook at 160°C for 1 hour 15 minutes or until a skewer inserted in the centre comes out clean. Remove from the basket. Leave cake in pan for 10 minutes before turning, top side up, onto a wire rack to cool.

STEP 4 Meanwhile, beat cream cheese in a small bowl with an electric mixer until softened. Add ½ cup (160g) lemon curd and beat until just combined.

STEP 5 Spread the top of the cake with the lemon curd cream cheese. Dollop with remaining lemon curd and scatter with strips of lemon zest.

COOK'S TIP

- Use a zesting tool to create thin strips of lemon zest. If you don't have one, peel large pieces of zest from the lemon, avoiding the pith, then cut into thin strips.

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